

SA'S LEADING FOOD MAGAZINE

# FOOD & HOME ENTERTAINING

MAY 2015 | R30,00 (R3,68 VAT incl.) | Other countries R26,32 (tax excl.)

## HYBRID HEAVEN CLASSIC BAKES GET A SHAKE UP

Lavender, granadilla  
& white-chocolate  
mousse cake with  
flower-studded  
honeycomb

+  
over 55 recipes to relish inside



Home is  
where Mom is

Make her  
Mother's Day with...  
**WAFFLE WONDERS,**  
sensational salads  
& TEATIME TREATS  
fit for a queen

Ooh la la!  
WIN A TRIP  
**WORTH**  
**R60 000**  
TO PARIS





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FLAN DISHES  
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A great recipe lasts forever.

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Assisted by NOMVUSELELO MNCUBE  
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Five lucky readers can each win a copy of *Rachel Khoo's Kitchen Notebook* by Rachel Khoo, worth R395

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**FOOD & HOME**  
ENTERTAINING



# Turning POINT

**S**am Cooke's soulful song told us it was "gonna come", JFK said it's the "law of life", and Steve Jobs told us it doesn't have to happen to the whole world "to be important". Change, that is. And, while it can happen in so many ways, one thing about change is consistent: the way it impacts our lives will bring us out the other side as different people.

One of life's changes is, undoubtedly, motherhood – a word that still makes me feel like a deer in headlights when I ponder on the possibility of it happening to me. The fact that I feel rising panic when I think of how it would obliterate my monthly handbag-and-shoe savings fund does indicate that it's a privilege perhaps not meant for me. For our managing editor, Taryn, however, her 'mothering' of our team – like a patient and perseverant hen slowly but surely ushering her ducks into a row – makes it plain to see motherhood is a role she was destined for. And so, when she daintily tiptoed into my office one day to tell me Baby Das Neves was on the way, I cried

twice. Once for joy and once for self-pity at the thought of losing her for some months. As I write this, I've just blubbed into my Kleenex again, having heard that, earlier in the day, Taryn and her husband, Verge, welcomed their son into the world. Taryn and Verge, if

it's any consolation, these were tears of pure happiness!

Besides, I have to keep my stock of self-pitying tears in reserve for a 'D Day' coming up soon: no, not deadline, but departure – our brilliant food editor, Thulisa, will soon be flying the *F&HE* coop to return to a career in food-product development. As I'm sure

you'll agree, Thulisa's contributions to the magazine have greatly enriched it and I'm only letting her spread her wings on the condition that she will occasionally swoop back to 'feather' our pages again with her wonderful food-styling work.

With all this talk of celebrating motherhood and changing course, it's high time we served up a feast! And, boy, have we got more than a few delights in this issue – the utterly lovely lavender dishes (page 80), irresistible ways with trout (page 22) and heavenly hybrid bakes (page 54) are just some of the treats in store for you.

On that note, I wish you a Happy Mother's Day and here's to exciting new chapters!

*Andrea*



## My latest obsession

When in search of a feel-good read recently, I found *The Food of Love Cookery School* by New Zealand-based author Nicky Pellegrino (*Recipe for Life*, *The Italian Wedding* and *When in Rome* are some of her previous novels). Set in Sicily (cue longing sigh from me), Luca Amore's Food of Love Cookery School has warmed the hearts of many foodie tourists in search of learning the secret to bona fide Italian dishes, like those handed down to Luca through generations of Amore women. Routinely prepping himself for what he expects to be another cooking course like all the ones before, Luca has no idea his life's about to change through four women who've booked the course, from different corners of the globe and each at a turning point in her life. It's one of those page-turners you'll want to snuggle up to at night, and it makes for a great Mother's Day gift too! R170 at Exclusive Books. [exclusives.co.za](http://exclusives.co.za)

# Our contributors

FOOD&HOME  
ENTERTAINING



## NEW TEAM PLAYER

### Kerry Macfie

Editorial assistant

I've always been quite a 'foodie', but it wasn't until three years ago that my interest in food went from eating it to wanting to create masterpieces.

After studying a BA in Corporate Communication, the opportunity to work for F&HE is a dream come true. My mother once said: "Find something you love doing and you will feel like you haven't worked a day in your life." Mom always knows best! So, cheers to more exciting adventures – with decadent food to match.



### Kelsey Glennon

Contributing food scientist

I moved to SA in 2012 from NYC and was delighted to find myself amidst a vibrant food scene in Joburg. When not lecturing or conducting research at the School of Animal, Plant & Environmental Sciences at Wits University, I am most likely in my kitchen baking cakes and cookies. Although baking is tops, you also cannot go wrong with black beans, fresh coriander and cumin. Nothing trumps a well-executed black-bean burrito or a beef-and-cheese enchilada!



### Sarah Gurney

Co-owner of Pomegranite & freelance writer

After sampling the incredible local dishes across as many Asian countries as I could get to, I settled in Cape Town and started an online-presence consultancy. Between building websites, I love writing – and, if that requires tasting delicious food, then so much the better! My love affair with Asian cuisine continues and I have yet to meet a dish that takes the place a Thai green curry holds in my heart.

EDITOR  
*Andrea Paftis-Hill*  
[andreaph@caxton.co.za](mailto:andreaph@caxton.co.za)

MANAGING EDITOR  
*Taryn Das Neves*  
[taryndn@caxton.co.za](mailto:taryndn@caxton.co.za)

FOOD EDITOR  
*Thulisa Martins*  
[thulisam@caxton.co.za](mailto:thulisam@caxton.co.za)

COPY EDITOR  
*Jessica Oliver*  
[jessicao@caxton.co.za](mailto:jessicao@caxton.co.za)

ART DIRECTOR  
*Samantha Lewis-Politis*  
[samanthal@caxton.co.za](mailto:samanthal@caxton.co.za)

DESIGNER  
*Lisa Campbell*  
[lisac@caxton.co.za](mailto:lisac@caxton.co.za)

EDITORIAL ASSISTANT  
*Kerry Macfie*  
[kerrym@caxton.co.za](mailto:kerrym@caxton.co.za)

DIGITAL EDITOR  
*Chevaun Roux*  
[chevaunr@caxton.co.za](mailto:chevaunr@caxton.co.za)

MARKETING COORDINATOR  
*Jana van Wyk*  
[janavw@caxton.co.za](mailto:janavw@caxton.co.za)  
011-889-0613

OFFICE MANAGER  
*Zerilda Nel*  
[foodhome@caxton.co.za](mailto:foodhome@caxton.co.za)  
011-293-6047

COOKING ASSISTANT/  
RECIPE TESTER  
*Nomvuselelo Mncube*  
[nomvuselelom@caxton.co.za](mailto:nomvuselelom@caxton.co.za)

CONTRIBUTING WRITERS Tracy Gielink, Sarah Gurney, Richard Holmes, Claire Hu, Gill Hyslop, Malu Lambert, Lisa van der Knaap

FOOD CONTRIBUTORS Jackie Cameron, Sarah Dall, Luisa Farelo, Sarah Graham, Kerry Kilpin, Sam Linsell, Anelda Martin, Debbie McLaughlin, Gina Neilson, Marcelle Roberts, Jane Smorthwaite, Juliette Stephenson, Illanique van Aswegen, Matt Wilkinson, Katelyn Williams

CONTRIBUTING PHOTOGRAPHERS Andrea Caldwell, Myburgh Du Plessis, Adel Ferreira, Clinton Friedman, Curtis Gallon, Henk Hattingh, Warren Heath, Christopher Laurén, Jacqui Melville, Toby Murphy, Karl Rogers, Dylan Swart, Bruce Tuck

CONTRIBUTING STYLISTS Tara Sloggett, Katelyn Williams

CONTACT US PO Box 1989, Parklands, 2121 • Caxton House, 4th Floor, 368 Jan Smuts Avenue, Craighall • Tel 011-293-6047 • Fax 011-789-3763 • Email [foodhome@caxton.co.za](mailto:foodhome@caxton.co.za) or visit [foodandhome.co.za](http://foodandhome.co.za)

SUBSCRIPTIONS [foodandhomesubs@RNAD.co.za](mailto:foodandhomesubs@RNAD.co.za) • 011-473-8700

SUBSCRIPTIONS MANAGER Youmalan Pillay • [youmalanp@RNAD.co.za](mailto:youmalanp@RNAD.co.za)

Advertising Johannesburg 011-293-6000  
Advertising KwaZulu-Natal 031-910-5841  
Advertising Cape Town 021-530-8600

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CLASSIFIEDS SALES MANAGER Gary Wium  
[garyw@caxton.co.za](mailto:garyw@caxton.co.za) • 011-889-0885

BOOKINGS AND MATERIAL Ruwaida Pillay • 011-889-0643

GENERAL MANAGER Anton Botes

GROUP ADVERTISING DIRECTOR Debbie McIntyre

GROUP CREATIVE STRATEGY DIRECTOR Clive Vanderwagen

HEAD OF DIGITAL Jana Kleinloog

FINANCIAL MANAGER Rohan French

MARKETING MANAGER Reinhard Lotz

PRODUCTION MANAGER Sada Reddhi

GENERAL MANAGER FINANCE AND SYSTEMS Carla Nel • [carlan@RNAD.co.za](mailto:carlan@RNAD.co.za) • 011-248-3512

PRINTING CTP Printers Cape Town

DISTRIBUTION RNA, 12 Nobel Street, Industria, 2093  
• PO Box 101, Maraisburg, 1700 • Tel 011-248-3500  
• Fax 011-474-3583 • Email [rna@RNAD.co.za](mailto:rna@RNAD.co.za)

REPRODUCTION Caxton House, 1st Floor, 368 Jan Smuts Avenue, Craighall

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PROMOTION

# Chef's FAVOURITE

CELEB JUDGE, CHEF MARTIN, OF CLOVER'S *LITTLE BIG COOK OFF*, SHARES HIS BEST-LOVED CLOVER DESSERT WITH US... AND IT'S ABSOLUTELY DELICIOUS!

## Milk tart

Makes 2 milk tarts **EASY**

2 hrs + overnight, to set

### PASTRY

- 250g cake flour + extra, to dust
- 120g Clover Mooi River Butter, cold
- 100g cream cheese, cold
- 45ml (3 tbsp) ice water

### CUSTARD FILLING

- 560ml (2½ cups) Clover Full Cream Fresh Milk
- 20ml (4 tsp) Clover Mooi River Butter
- 2 eggs
- 90g sugar
- 30g cake flour
- 25g corn flour
- pinch salt
- cinnamon, to serve



CHEF MARTIN

- 1 Preheat the oven to 180°C. Spray two 23cm-diameter tart tins with cooking spray.
- 2 For the pastry, combine the cake flour and butter in a food processor. Blend in the cream cheese, add the water and beat until just combined.
- 3 Shape the dough into a disc and refrigerate, 1 hour.
- 4 Roll out the dough on a large, lightly dusted board. Cut the dough into 2 equal pieces and line each of the greased tins, pressing the dough into the bases and up the sides. Trim the dough edges, prick the bases with a fork and blind-bake until golden, 10 – 12 minutes. Remove and set aside.
- 5 For the filling, heat the milk and butter in a saucepan over medium heat.
- 6 Whisk the eggs and sugar until the sugar dissolves. Sift in the cake flour, corn flour and salt and continue to whisk until well combined.
- 7 Whisk a third of the milk into the egg mixture, then pour it into the remaining milk in the saucepan. Cook over low heat, 30 minutes.
- 8 Pour the warm filling over the cooked pastry bases. Refrigerate to set overnight. Dust with cinnamon to serve.



# Dear Food & Home

WINNING LETTER

## Inspiration STATION

I love to cook and be creative. I sometimes browse through old issues of *F&HE* for inspiration. I recently came across a SPAR recipe for baby marrow and feta quiches with ham (April 2014 issue). Once I took these quiches out of the oven, I realised that moments of exquisite bliss were only bites away. As I bit into these irresistible, delicious morsels, it occurred to me that some days are shaped by simple pleasures. As I am writing and eating, I feel the warmth and richness and the fine reality of hunger satisfied.



The kitchen is a sacred place where I can communicate with the four elements of the universe: earth, water, air and fire. I mix it with my love and emotions to create magic.



Through cooking, my spirits are raised and I find balance in this crazy world. Eating good food certainly brings body and soul together in mutual pleasure. So, as I devour my scrumptious quiche, sipping a cup of coffee, I revel in my cleverness. Taste is such a heightened awareness of pleasure, is it not? Any time we eat or drink, it's holy – food should be eaten with ritual and ceremony and not just gobbled down to keep us alive. It seems to me that our three basic needs – food, security and love – are so entwined that we cannot think of one without the other. Food transformed by love becomes therapy.

**Rachel Nortje, Johannesburg**

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Remember to sign up for our newsletter at [foodandhome.co.za](http://foodandhome.co.za). Packed with juicy news from our latest issue and divine giveaway goodies, it's the perfect pick-me-up!

**WIN!**

Next month's winning letter will receive this pocketable PowerShot S200 from Canon, worth R3 399. The PowerShot S200 delivers stunning image quality and easy access to manual settings in a modern, pocketable design – with a host of creative features for those seeking their next step in photography. Combining an ultra-wide angle bright f/2.0 lens, a higher-sensitivity 10.1 Megapixel CCD sensor and a PureColor II G screen with tempered-glass layer, the PowerShot S200 lets you capture the moments meant to last a lifetime and relive the experiences again and again with high-quality images. Share your favourite shots on social networks with its integrated Wi-Fi or conveniently back up your images to cloud services, including Flickr and Google Drive™.



**Canon**

**Write to *F&HE* and share your food experiences. Email [foodhome@caxton.co.za](mailto:foodhome@caxton.co.za). *F&HE* reserves the right to edit letters and award prizes based on merit.**



# Update...

**@FHEMag:** What foods do you think deserve an entire day devoted to them?

**@Ushasingh @FHEMag**  
Healthy vegetarian food

**@KarinDMaritz @FHEMag**  
My (late) grandma's cooking

## Delicious DELIGHT

My job as a web designer calls for a fair bit of research and, while working on a recent project for a top Midlands chef, I bought your March issue at my local Pick n Pay for inspiration. I have to confess, I don't think I have ever picked up or even read a foodie mag in my life, so I was pleasantly surprised when I ran myself a hot bath and opened your magazine. It was an absolute delight, from cover to cover! I was even more pleased when the secret on page 17 was my local Saturday-market hangout, a true gem that should be on everyone's 'Midlands Meander' bucket list! Thanks again for the entertaining read – it was like a refreshing breeze in the heat of summer! I look forward to your next tasty issue.

**Nicola Tweed, Howick**



## Foodie revival

"I'm a dietitian." When I say this, most people immediately try to explain why they're having toasted cheese for lunch, or that they haven't had chocolate cake in years – it's just this one time. But, to be honest, I hardly notice and I really am just interested in the person I'm talking to. I became a dietitian because I love food. I find the science behind food interesting, and I am forever challenged and intrigued by what drives us to eat or not. A few years ago, I lost my passion for food. Somewhere between working late and having a terribly small kitchen without a proper oven, I started 'surviving' meal times, just doing enough to include the right balance of calories and nutrients in my meals. But, three years ago, a move to Johannesburg (and change in job) left me with spare time I forgot existed. I picked up a copy of *F&HE* and have not stopped buying it since. The recipes, food trends and tips, beautiful pictures and even the 'Trivia' page have inspired me to cook again with passion and more creativity than I thought I had. Thank you for helping me fall in love with food again.

**Karlien Duvenage, Johannesburg**



## WHAT YOU'RE SAYING ON...

**We asked you:** "How would you like to be treated this coming Mother's Day?"

**Wendy Vivier:** *I would love a day at the spa. I love getting pampered and I have only ever been once.*

**Natalie Chetty:** *I am a flower freak, for sure!*

**Tanya Delport:** *I would love a delicious meal – breakfast, lunch or dinner. It shows true love if someone makes you a special meal.*

**Roxanne Reynolds:** *Definitely time spent with the family.*

## Lavender, granadilla & white-chocolate mousse cake with flower-studded honeycomb

*Creamy layers of lavender and cream cheese, sweet granadilla and Italian meringue, and marshmallow and white-chocolate mousses, paired with a moreish home-made honeycomb, which adds the perfect balancing texture*

Serves 8 – 10 **A LITTLE EFFORT** 2 hrs

### THE FLAVOUR COMBINATIONS

#### MARSHMALLOW AND WHITE-CHOCOLATE MOUSSE LAYER

300g vanilla-flavoured white chocolate, broken into squares  
200g white marshmallows  
30ml (2 tbsp) gelatine powder  
60ml (1/4 cup) water  
450ml whipping cream

#### GRANADILLA MOUSSE LAYER

30ml (2 tbsp) gelatine powder  
60ml (1/4 cup) water  
100ml granadilla pulp, strained (discard the pips)  
120g castor sugar  
60ml (1/4 cup) water  
2 large egg whites  
30ml (2 tbsp) lemon juice  
pulp of 3 granadillas  
400ml double-thick cream  
20ml (4 tsp) yellow food-colouring powder (available at specialist baking stores) mixed with 10ml (2 tsp) water

#### LAVENDER MOUSSE LAYER

300ml double-thick cream  
250g cream cheese  
small handful fresh lavender flowers (taste the mousse for your preferred intensity)  
30ml (2 tbsp) gelatine powder  
60ml (1/4 cup) water  
30ml (2 tbsp) icing sugar  
15ml (1 tbsp) lavender food-colouring powder (available at specialist baking stores) mixed with 5ml (1 tsp) water

#### FLOWER-STUDDED HONEYCOMB

85g salted butter  
165g castor sugar

85g golden syrup  
12.5ml (2½ tsp) bicarbonate of soda  
30ml (2 tbsp) edible flowers, kept whole + extra, to garnish

fresh granadilla, to serve

### HOW TO DO IT

- For the marshmallow and white-chocolate mousse layer, place the chocolate and marshmallows in a bowl and melt in the microwave, 1 minute, stirring halfway through the melting time. Add the gelatine powder to the water and let it sponge, about 3 minutes. Place in the microwave and melt, 30 seconds. Do not let it boil. Add to the marshmallow mixture. Whisk the cream to soft peaks then carefully fold the cream into the chocolate and marshmallow mixture until smooth. Spray a 35cm x 14cm x 9cm oblong cake tin with cooking spray, pour the mousse layer into it and refrigerate to set, about 30 minutes.
- For the granadilla mousse layer, add the gelatine powder to the first 60ml (1/4 cup) water and let it sponge, about 3 minutes. Place in the microwave and melt, 30 seconds. Do not let it boil. Heat the strained granadilla pulp in a saucepan until hot, but do not let it boil. Add the melted gelatine, stir to combine and set aside at room temperature.
- In the meantime, make an Italian meringue mixture for the granadilla mousse. Place the 120g castor sugar

Recipe and styling by THULISA MARTINS  
Assisted by NOMVUSELELO MNCUBE  
Photographs by DYLAN SWART



and second 60ml (1/4 cup) water in a small saucepan and stir over low heat until dissolved. Bring to a boil and boil to soft-ball stage (116°C on a sugar thermometer). Brush the insides of the saucepan with a pastry brush dipped in water to prevent the sugar from crystallising. While the sugar is boiling, whisk the egg whites in a large bowl until soft peaks form. Add the lemon juice and continue to whisk to stiff peaks. Once the sugar syrup is at soft-ball stage, slowly pour it into the egg whites, whisking all the time. Continue to whisk until the meringue is glossy and stiff.

Using a metal spoon, fold the cooled granadilla mixture, fresh granadilla, 400ml double-thick cream and food colouring into the meringue. Pour on top of the set white-chocolate and marshmallow layer and refrigerate to set, about 30 minutes.

For the lavender mousse layer, blend

the 300ml double-thick cream and cream cheese together until smooth, 2 minutes. Stir in the remaining ingredients and pour over the set granadilla layer. Refrigerate to set, 30 minutes.

6 For the honeycomb, gently heat the butter, 165g castor sugar and golden syrup in a medium-sized heavy-based pan until the sugar has dissolved. Turn up the heat and bring to a rapid boil, without stirring. Keep boiling until the mixture turns a golden-brown colour and reaches 130°C on a sugar thermometer, about 5 minutes. Add the bicarbonate of soda and stir it for a few seconds.

The mixture should expand. Tip the honeycomb onto a large 40cm x 32cm sheet of baking paper or a silicone mat and leave to cool, 1 second (it dries very quickly), then scatter the edible flowers randomly on top. Leave to cool and set completely. Break into shards.

7 To de-mould the mousse cake, pour some boiling water into a shallow baking tray large enough to fit the mousse tray. Dip the mousse tray into the hot water for 10 seconds. Run a blunt knife around the sides of the mousse – just enough to release the air. Invert your serving plate over the top of the mousse cake, then turn it over. Carefully release the mousse by lifting the tray. Decorate with honeycomb shards and edible flowers. Serve with fresh granadilla.

66 This dish's trio of colours will brighten up any dull autumn day.

#### COOK'S TIPS

Make the honeycomb just before serving to prevent the edible flowers from going soggy. If you are not studding it with the flowers, the honeycomb can be made a day in advance and stored in an airtight container.

TURN THE PAGE  
TO DISCOVER  
WHERE YOU CAN  
EAT OUR COVER  
DISH THIS MONTH

# EAT the COVER!

TREAT MOM THIS MOTHER'S DAY TO OUR  
LAVENDER, GRANADILLA & WHITE-  
CHOCOLATE MOUSSE CAKE WITH FLOWER-  
STUDDED HONEYCOMB AT ANY OF  
THESE THREE VENUES THIS MONTH



23 ON HAZELWOOD,  
LYNNWOOD, PRETORIA

Co-owners of  
23 on Hazelwood,  
Nikša and Radmila  
Bengurić



Both a bakery and a restaurant, 23 on Hazelwood is a venue popular for early breakfast business meetings or weekend brunch with the family. It offers a relaxed environment with an open-style kitchen allowing customers a sneak peek at what's cooking. Apart from savoury dishes, such as burgers, sandwiches and steaks, mouth-watering pastries and confectionaries top it all off. Owned and run by brother-sister team, Nikša and Radmila Bengurić, 23 on Hazelwood is open seven days a week for your convenience.

**BOOKINGS:** 012-346-3249;  
23onhazelwood@gmail.com

Stellenbosch is home to the blissful Majeka House, a private boutique hotel that has Makaron Restaurant to accompany it. With head chef, Tanja Kruger, at the wheel, Makaron has been among the 20 restaurant nominees for the Eat Out Top 10 for the last three years consecutively. Pared-down dishes celebrate the local origin of seasonal and ethically sourced ingredients. Makaron's menu is available for dinner only, with an à la carte option or a four- or six-course tasting menu. Just 40 seats are available, so reservations are highly recommended.

**BOOKINGS:** 021-880-1549;  
info@makaronrestaurant.co.za



Head Chef Tanja  
Kruger of Makaron  
Restaurant,  
Majeka House

MAKARON RESTAURANT AT  
MAJEKA HOUSE, STELLENBOSCH



Situated in Parkhurst's eclectic shopping district, Craft and its chef, Lourius Strydom, promise its customers a great meal and a fantastic experience. With its red, oxide concrete and Rhodesian teak parquet floor setting the tone of originality in the restaurant, it renders Craft reminiscent of a time when food was celebrated! Nestled on the corner of 4th Avenue to the east and 13th Street to the north, Craft is an easily accessible restaurant where you can enjoy good company, celebrate special occasions or just catch a break from the hustle and bustle of Joburg!

**BOOKINGS:** 011-788-7111;  
info@craftrestaurant.co.za



Chef Lourius  
Strydom of Craft,  
Parkhurst



CRAFT, PARKHURST, JOBURG

Our May cover dish will be served at the above venues  
from Monday 13 April to Monday 11 May.

# foodbites

news • trends • shopping • restaurants • decor • products • time savers

## Trending: Matcha brioche

Recipe and styling by SARAH DALL

Photograph by BRUCE MEISSNER



Visit [foodandhome.co.za](http://foodandhome.co.za)  
for our matcha brioche recipe

## Trending



**IN CELEBRATION OF WORLD BAKING DAY ON 17 MAY 2015,** we went searching for the trendiest ingredient to hit the baking world. Matcha is finely milled green tea and comes in a powdered form. It is very high in antioxidant properties, boosts energy levels and detoxes your system. What's more, it tastes amazing in baked goods! Matcha works like a dream in brioche, panna cotta (see page 117) and macaroons.

Although delicious, Matcha comes with a price tag that is definitely not for the faint-hearted. Spoil Mom this Mother's Day while being the trendiest baker around.

Check out these stores for more information on matcha:

Contessa Tea Connoisseur; [contessateashop.co.za](http://contessateashop.co.za); 011-234 6641 or 079 286 5479

Faithful to Nature; [faithful-to-nature.co.za](http://faithful-to-nature.co.za); 021-785-3268

The Tea Merchant; [theteamerchant.co.za](http://theteamerchant.co.za)

The Tea Chest; [theteachest.co.za](http://theteachest.co.za); 021-424-5975 or 078 057 8680



Cerebos believes it is not about eating more salt but, rather, eating salt in moderation and keeping yourself, and your loved ones, healthy. Cerebos's advice on keeping your salt levels in check is to look out for the salty six – cold cuts and cured meats, bread and rolls, sandwiches, pizza, poultry and soup.

### CUPCAKES IN A JAR, R35 EACH, CANDYWASTED.COM

Cupcakes have never been this good. Candy Wasted – a gourmet candy store – has introduced 'cupcakes in a jar'. Flavours include Vanilla Bean, Turkish Delight, Red Velvet, Cappuccino and Nutella, to name a few. Candy Wasted will deliver your cupcakes in a jar to your door in the Gauteng area. Visit [candywasted.com](http://candywasted.com) to place orders.



*Win* NINE LUCKY READERS EACH STAND A CHANCE TO WIN A BELLA LINEA 4.7L PROGRAMMABLE SLOW COOKER VALUED AT R900.

**TO ENTER:** Email your name, contact number, ID number and postal address to [foodhome@caxton.co.za](mailto:foodhome@caxton.co.za) with 'Bella' in the subject line by 15 May 2015.

BELLA has officially launched in South Africa! They aim to revive already existing products to fit in with the busy, dynamic lives of people today. The BELLA Linea 4.7L Programmable Slow Cooker allows you to programme the timer from 30 minutes to 20 hours in advance. The hinged locking lid seals the pot and means you can transport your food without any mess. It even includes a removable and dishwasher-friendly stoneware pot and uses less energy than your oven.



To view other BELLA products, visit [bellahousewares.co.za](http://bellahousewares.co.za).

**BELLA**

# A royal affair

*"I wanted to capture a blend that suits all of our guests' palates... A touch of sophistication and rich elegance."*



Towards the end of 2014, Sun International's The Maslow Hotel launched its much-anticipated Fashion Afternoon Tea, which features a variety of different teas, including the hotel's signature tea, Serenitea – an extraordinary blend of five flavours: assam, lemongrass from Egypt, bergamot, pure African Rooibos and blue flower, resembling the jacaranda flower.

Blended by Nigiro, a Cape Town-based company, in collaboration with The Maslow's Food and Beverage Manager, Patrick Fisher, it is a refreshingly comforting and invigorating tea that echoes the ethos and character of The Maslow Hotel.

Patrick Fisher elaborates on why The Maslow's Afternoon Tea experience is a must, especially for Mother's Day: "Sandton is the fashion hub

of Africa and South Africa, so, The Maslow's Executive Chef, Jason Millar, has designed ladies' fashion-inspired desserts in handbag and shoe shapes, which will change weekly.

"When creating The Maslow's signature tea, Serenitea, I wanted to showcase Johannesburg's true authenticity by using the jacaranda flower. Unfortunately, the flower is inedible, so Mingwei at Nigiro suggested we use the Chilean blue flower. Rooibos, being a proudly South African product, was a must." The Maslow's Afternoon Tea is served every Saturday and Sunday from 2:30pm – 5:30pm at a cost of R225 per person.

**The Maslow Hotel, corner Grayston Drive and Rivonia Road, Sandton; 010-226-4600**



THIRTEEN LUCKY READERS EACH STAND A CHANCE TO WIN AN AZURE GLASSWARE HAMPER WORTH R630. EACH HAMPER WILL CONTAIN FOUR AZURE HI-BALL GLASSES AND FOUR AZURE TUMBLERS.



CaRRoL BoYeS

**TO ENTER:** Email your name, contact number, ID number and postal address to [foodhome@caxton.co.za](mailto:foodhome@caxton.co.za) with 'Carrol Boyes' in the subject line by 15 May 2015.

CaRRoL BoYeS has released a new Azure glassware range. This super-stylish collection is available at CaRRoL BoYeS retail stores in South Africa and 30 countries worldwide. [carrolboyes.com](http://carrolboyes.com)



PnP's Chicken Spice has had a facelift! Looking ever so delicious in its new packaging and with an improved recipe to boot, PnP Chicken Spice will give any chook dish a flavour boost of note! R11,49 for 100ml, 84g refill for R11,99 and 200g box for R14,79. Available at your nearest Pick n Pay store.

It's essential for your family's health that kitchen surfaces are kept hygienic! SPAR's Germex range ensures all surfaces that come into contact with food are sparkling clean and germ-free. All Purpose Cream Cleaner with Microbeads, R16,11 for 750ml, at your local SPAR.



# Mother's Day GIFT IDEAS



**AGAPANTHUS SALAD SERVERS** R258;  
blacksunbird.co.za



**CAST DELUXE HEAVY DUTY CHERRY STONER/OLIVE PITTER** R349;  
yuppiechef.com



**LAGUIOLE BY ANDRÉ VERDIER CAKE SERVING SET** R420;  
yuppiechef.com



**FLYING SOLO SNACK/TRINKET CERAMIC BOWL**

Proud South African, Natalie Vice, has revolutionised the art of home decorating. Hand-drawn illustrations are transformed into digital prints and then transferred to home decor items, such as cushions, coasters, mugs and teapots. All products are made with local materials that are sourced and manufactured locally. R85; sugarandvice.co.za

**ONE LUCKY WINNER WILL WIN A LE CREUSET 32CM LARGE 'AMETHYST' SOUP POT WORTH R3 180. TO ENTER, EMAIL YOUR NAME, CONTACT NUMBER, ID NUMBER AND POSTAL ADDRESS TO FOODHOME@CAXTON.CO.ZA WITH 'LE CREUSET' IN THE SUBJECT LINE BY 15 MAY 2015.**



Win

We're loving cooking with lavender! This Mother's Day, serve Mom lush lavender dishes in pots to match. Check out our fabulous lavender food feature on page 80.

Le Creuset has released its new Amethyst range, named after the shade ranging between subtle violet and deep purple. Each cast-iron casserole dish and soup pot has an exquisite matte finish, which comes from hand-applied enamel.



## Q&A

Helen Theo of The Patisserie in Illovo, Joburg, believes the secret to baking lies not in your ingredients, but how you handle them and the love you put into each step of a recipe.

**How did your love for baking and food develop?** When you bake something and you see it rise and it comes out beautifully. I love that!

**Have you always had this passion?** I always tried baking and cooking. My parents loved to entertain when I was a young girl, so I would experiment in the kitchen. From there, it just grew.

**The Patisserie won Best Coffee Shop in 2013 and 2014 in the Restaurant Association of South Africa awards, as well as landing the top spot for Joburg's Readers Choice Best Macaroons in 2012.**

**How did this make you feel?** I was overwhelmed but I felt like my hard work paid off!

**What is your favourite Mother's Day memory?** About three years ago, my family took me for lunch and gave me a wonderfully wrapped box with a three-week cruise to the East! I had always wanted to go to there, so it was the perfect gift.

**Describe your perfect Mother's Day.** It would be my children waking me up with breakfast in bed. We would sit and open presents and they would read their cards to me! Just quality family time would be ideal.

**The Patisserie, Post Office Centre, 30 Rudd Road, Illovo; 011-268-0022; [thepatisserie.co.za](http://thepatisserie.co.za)**

66

Our coconut cake, which is popular with our patrons, is a light, moist cake that doesn't require icing to make it delicious, but can be served with strawberries to make it extra-special.

99

## Coconut cake

Serves 8 EASY 1 hr 15 mins

### THE FLAVOUR COMBINATIONS

5 eggs, separated  
420g castor sugar  
125g butter, softened  
125ml (½ cup) oil  
2,5ml (½ tsp) vanilla extract  
315g cake flour  
5ml (1 tsp) baking powder  
2,5ml (½ tsp) bicarbonate of soda  
2,5ml (½ tsp) salt  
250ml (1 cup) buttermilk  
180g desiccated coconut

### SYRUP

250ml (1 cup) water  
200g sugar  
1 cinnamon stick  
5ml (1 tsp) lemon juice

### 20g desiccated coconut, to cover

### HOW TO DO IT

- 1 Place the egg whites in a large bowl and set aside to stand at room temperature, 30 minutes.
- 2 Preheat the oven to 180°C.
- 3 In a separate large bowl, beat together the castor sugar, butter and oil until well blended. Add the egg yolks,



one at a time, beating well after each addition. Add the vanilla extract.

4 Combine the flour, baking powder, bicarbonate of soda and salt. Add to the creamed mixture, alternating with the buttermilk and beating as you go, until well combined. Stir in the coconut.

5 Beat the egg whites until stiff peaks form. Fold a quarter of the egg whites into the batter, then fold in the remaining egg whites.

6 Transfer the batter to a greased and floured 23cm-round springform cake tin and bake in the oven until a toothpick inserted into the centre comes out clean, 1 hour.

7 For the syrup, combine all of the ingredients in a saucepan and bring to a boil until the sugar has dissolved, about 5 minutes.

8 Remove the cake from the oven and pour the syrup over the cake. Leave the cake in the tin to cool completely.

9 Once cool, remove the cake from the tin and gently pat on the desiccated coconut to cover the outside of the cake.

BLOGGER OF THE MONTH [mydarlinglemonthyme.com](http://mydarlinglemonthyme.com)

New Zealand-born blogger, Emma Galloway, is a mom with a food conscience. Cooking up healthy meals for her husband and two kids, Emma figures out the balance and finds the fun in creating gluten-free dishes for her loved ones.

**The inspiration to start my blog came nearly five years ago when I first discovered food blogs,** through Heidi Swanson's cookbook and blog. I saw it as a great way to share my recipes, photographs and life. Being a former chef, I am obsessed with food, so continuing to find inspiration isn't too hard.

**Creating fun, healthy dishes for the family when we first changed our diets to be gluten-free (and mostly dairy-free too) wasn't easy.** All the things that are quick and easy to prepare for kids contained gluten, so it took a little bit of experimentation and time to get my head around it. Seven years on though, it's just second nature to me now. **Creating healthy meals at home is one thing;** it's often when they're out the house that things are harder. But, my kids are pretty good in that they know what they should and shouldn't eat at kiddies' parties. I'll often take along a little pack of food from home, just in case there's not much

that my kids can eat, and I always try and give them a snack before we leave home, so they are not starving. My son can tolerate gluten in small amounts so, at parties, he will have a small slice of cake; however, my daughter and I eat strictly gluten-free, so I'll often take along a little homemade gluten-free cake for her to enjoy instead. As far as eating out goes, sadly, we don't do that very often!

**An all-time favourite at home is my home-made pizza,** often requested by my children. The base is free from gluten and dairy (and is vegan too) and we eat it at least once a week. The leftovers are also great for the kids' school lunches the following day. The recipe can be found in my cookbook. In terms of my future online and with food, I would be happy to simply continue doing what I'm doing – posting on the blog when I can and writing cookbooks. I have a bunch of other things I'd love to get into at some stage... but we'll see.

## Dates for the diary...

**30 April – 3 May 2015.**  
The Leriba Hotel and Spa in Centurion plays host to the Leriba Harvest Festival. Try your hand (or foot) at grape stomping on 30 April, or taste and buy the best wines from top wine farms from 1 – 3 May. Tickets cost R130 and R90 for pensioners/children, and include a wine glass. [computicket.com](http://computicket.com)

**2 – 3 May 2015.**  
The annual Riebeek Valley Olive Festival at The Olive Emporium in Riebeek Kasteel. Enjoy artisan beers, great food and live entertainment. Tickets cost R70 and give you access to all seven venues, olive tastings at most venues, entertainment and a free shuttle service. [webtickets.co.za](http://webtickets.co.za)

**21 – 24 May 2015.**  
The Good Food and Wine Show Cape Town. South Africa's most popular consumer show will include workshops, shows and guest chefs. Tickets cost R130 for adults, R110 for pensioners and teenagers, R50 for children aged 7 – 12, free for children aged 0 – 6. [goodfoodandwineshow.co.za](http://goodfoodandwineshow.co.za)

**29 – 31 May 2015.**  
Grand Designs Live at the Coca-Cola Dome, North Riding, Joburg. This fantastic home and garden show is back! Experience the Grand Build and DIY Theatre and the Chef's Theatre, where there will be food demonstrations. Tickets from R60 – R70. 011-835-1565; [granddesignslive.co.za](http://granddesignslive.co.za)



# EAT OUT @

## MALMESBURY: CHERRY LANE

This sweet little eatery is packed full of charm, from its stoep strung with bunting to the cosy interior and courtyard out back. The space lends itself to family-friendly meals, intimate catch-ups and is also just the spot for ladies who lunch. Located in the quaint Swartland town of Malmesbury, Cherry Lane comes as a delightful surprise with its thoughtful, French-inspired decor. The food, however, takes its cue from traditional boerekos – with the implied generous servings, of course. Pop in here for a breakfast of kings, or the simple lunch menu has all the South African favourites, from sosaties to wraps. For your sweet tooth, tuck into brownies, waffles and scones. There's also a gift shop, as well as a deli. A little bit quirky, a little bit country and a whole lot nostalgic. 67 Huguenot Street, Malmesbury; 022-482-2877; [cherrylaneontop.co.za](http://cherrylaneontop.co.za).

By Malu Lambert



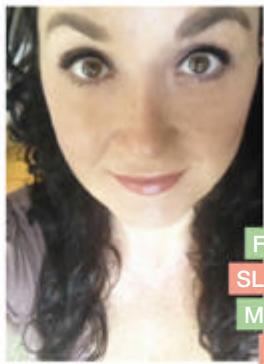
## CAPE TOWN: THE RIVERWAY CAFÉ

The Riverway Café is a perfect blend of old-world charm and modern flair – from the tastefully eclectic decor to the friendly waitresses wearing beautiful floral dresses. And All Stars! Set on the banks of the Baviaanskloof River, the café is bustling with life as locals and tourists alike fill the tables, visited often by the lovely owner and creative force behind this gem, Julie Ragavelas. As the menu explains, this may be a small establishment, but their passion for food is not a trifling affair. The breakfasts, brunches and high teas (oh, the cheesecake!) include all the classics, but often with a little twist. Try the brekkie salad: crispy bacon, Rosa tomatoes and a poached egg served with tender greens, avocado and Parmesan, and dressed with a light, home-made truffle aioli. Or, if you're feeling even more adventurous, how about the Middle Eastern shakshuka – eggs poached in spicy tomato salsa? Your dining experience is peppered with whimsical touches, from the upside-down lamps to the antique beaded purse that your bill is presented in. It's a place you wouldn't be surprised to find Alice in Wonderland. Or perhaps Julia Roberts. Shop 9, Midpoint Centre, Mainstream Avenue, Hout Bay; 021-791-0565. By Sarah Gurney



## JOBURG: ROCOMAMAS

Welcome to a diner-style burger joint that has covered all bases. RocoMamas in Rivonia (one of five in the RocoMamas franchise) is presenting itself as one of the best places to get your burger and wings fix in Gauteng. Based on a 'tick-your-pick' menu system, you are able to build your own burger with an extensive list of toppings – from classic pickles to exotic saffron-chilli chutney. Enjoy starters of either juicy wings or tender ribs (select your sauce and heat), and no diner menu would be complete without a variety of standard and gourmet milkshakes – think crème brûlée or Oreo. When building your burger, don't skip their fried-to-perfection caramelised onions! And we dare not forget to mention the ranch dressing – to complete your experience, get some on the side with your shoestring fries! Rivonia Village, Corner Mutual and Rivonia roads, Rivonia; 011-234-1100; [rocomamas.com](http://rocomamas.com). By Chevaun Roux



# MARKET OF THE MONTH:

FREELANCE FOOD WRITER, TRACY GIELINK,  
SLAVISHLY FOLLOWS HER TASTE BUDS, WHICH  
MEANS SHE'S EXTREMELY WELL FED, MOSTLY ON  
ARTISAN BREAD AND CHEESE

## SHONGWENI FARMERS & CRAFT MARKET

People flock to, rather than converge at, the Shongweni Farmers & Craft Market. It is the quintessential country market and the stereotypes make it more appealing than clichéd. Located on a farm, shoppers happily stomp over emerald fields awash with cars bringing partners, children and dogs along. It is only the uninitiated who arrive sans shopping basket and hearty appetite.

The market, 17 years on, has over 80 stalls that are produce- or food-related. It is survival of the earliest and it's best to arrive as close to the 6:30am opening time as possible to avoid disappointment. The heady smell of freshly baked pastries forces the crisp country air into submission and any Banting resolutions are banished. Maddison Bakery

egg, hollandaise, balsamic and herbs. Choose to indulge in pancakes or go local with vetkoek filled with anything from curried mince to jam or bacon, egg and banana.

Local microbreweries, like Robson's Real Beer and The Standaaven Brewery, ply their craft, while other vices are catered for with Assagay Coffee's locally grown beans and certified organic Rooibos tea and coffee from Classique Beverages.

Chrissie's Cheese's handmade cheeses will make you weak at the knees (try the red or green sage) and the Jersey Cow Company sells au naturale milk and dairy products. Fruit and veggie stalls provide just-plucked-from-the-earth goodness in a riot of glorious technicolour and texture.

“

The heady smell of freshly baked pastries forces the crisp country air into submission...

”

produces fresh croissants at their stall, as if the rows of rustic wooden boxes brimming with breads, like caramelised fig and mature Cheddar or sweet potato and jalapeño, aren't temptation enough. The epicentre is a Bedouin-styled tent filled with tables and chairs. This dining area provides a respite but is also a meet-and-greet area.

It is just as much breakfast buffet as it is market, and the choices are seemingly limitless – from the heart-warming comfort of bacon and egg wrapped in a soft, absorbent bread roll, to French toast or potato rösti with toppings like spinach and tomato or salmon and spinach, finished off with a poached

Other must-stops are The German Bakery; Fournaki Greek; The Duck Lady; The Olive Lady; and the Citrus Valley stall for home-made pies and Scottish specialities like haggis and black pudding. The health-conscious can pick up preservative- and gluten-free pizza bases and Curry in a Tub, which provides a Banting-friendly curry braise.

Those who are epicurious, rather than carb-conscious, will revel in Daniela's superlative macaroons and longingly peruse Madeleines, which offers an exquisite array of classic baked goodies. Oh, and man's best friend is not forgotten either – visit the The Dog Food Dude for larger-than-life snacks and treats.



### Madeleines

Makes 10 – 12 **EASY** 30 mins

**3 eggs**

**175g castor sugar**

**2.5ml (½ tsp) vanilla essence**

**125ml (½ cup) milk**

**275g cake flour**

**10ml (2 tsp) baking powder**

**125g butter, softened**

**15ml (1 tbsp) honey, melted**

**5ml (1 tsp) poppy seeds**

**icing sugar, to dust (optional)**

**1** Preheat the oven to 180°C.

Whisk the eggs and sugar together until pale and thick.

**2** Add the vanilla essence, milk, flour and baking powder, alternating, and mix until well combined.

**3** Add the butter and honey and stir in the poppy seeds.

**4** Pour into a Madeleine mould tray and bake in the oven, 15 minutes.

**5** Serve dusted with a little icing sugar, if desired.

Shongweni Farmers & Craft Market, Alverston Rd, Shongweni; Saturdays, 6:30am – 10:30am; shongwenimarket.co.za

# BAY LEAVES

Seen as the tree of the Sun God, bay leaves (also known as bay-laurel) have become recognised as one of the best culinary leaf spices. The bay tree is thought to have originated in the Asia Minor region and then distributed from there to other parts of Asia and Mediterranean regions. It brags a pleasing aroma and versatile flavour.

## IN THE KITCHEN

Bay leaves pair beautifully with poultry, meat and vegetable dishes, as well as sauces – like béchamel and tomato – since the herb accentuates and heightens the flavours and spices. Bay is also great in soups, stews and even sweet dishes like custard, and dried bay leaves can be used in the brewing process of herbal teas, making this herb, without a doubt, a golden all-rounder in the kitchen!

## HOW TO GROW

In order for bay to flourish, well-drained soil works best. A mixture of potting soil and cactus mix will help the bay to grow and bloom, giving off a fragrance that will make you salivate! Medium sun and shaded areas will provide the correct amount of warmth needed for bay to grow. Bay seeds are best planted in early autumn or early spring. Bay has also been adapted as a houseplant, so those dreaded winter months will not be a problem. If you want to grow your bay tree in a pot, avoid terracotta. It needs to be planted alone and away from other plants as it has a tendency to spread. Bay leaves can be harvested when your plant is about a year old.

## DID YOU KNOW?

Fresh bay leaves contain vitamin C, a strong antioxidant, and vitamin A, a deficiency in which is associated with impaired immunity and increased risk of infectious illnesses.



**1-3 MAY  
2015**

**FROM 09:00-17:00 DAILY**

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## TO ENTER

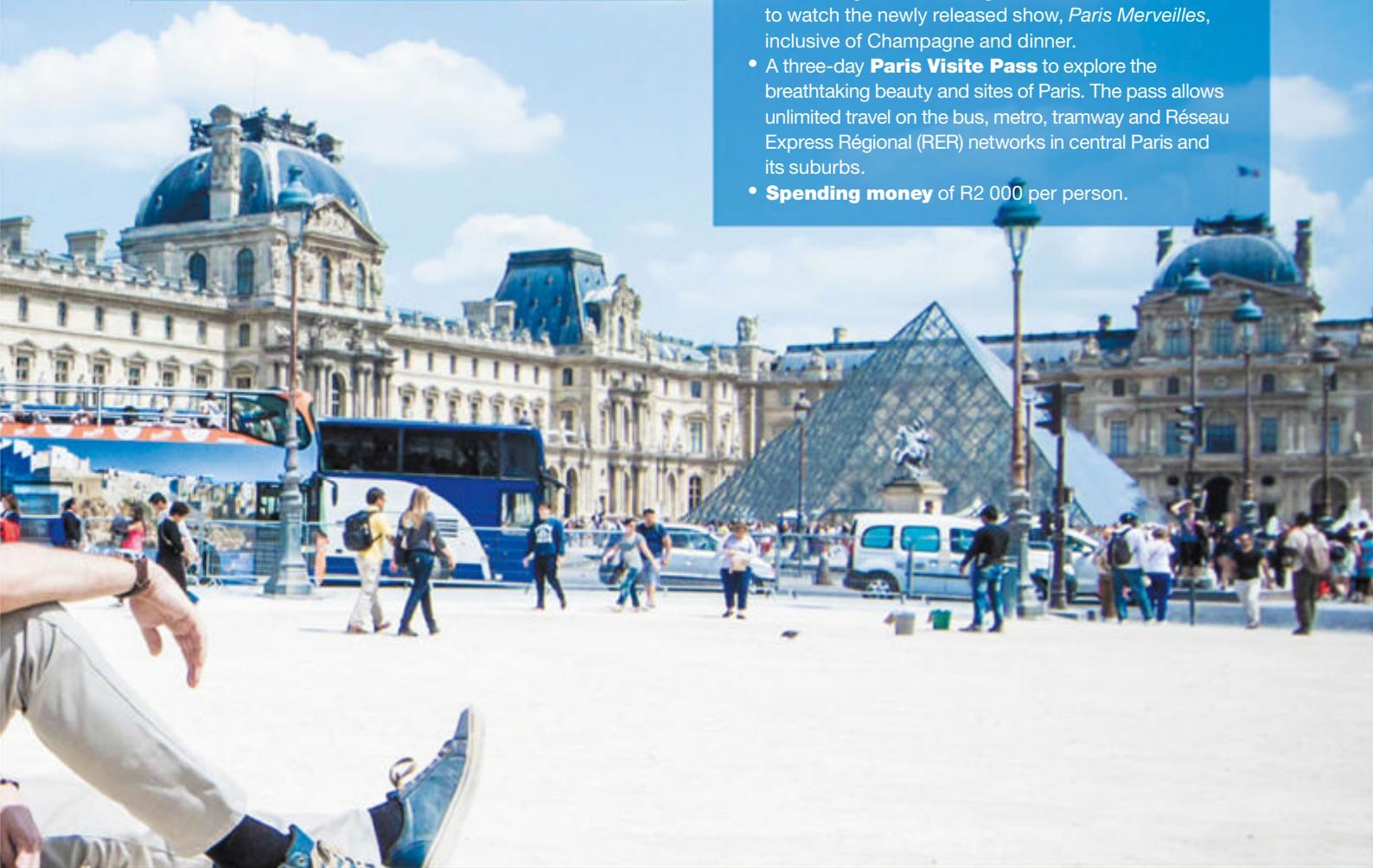
To enter, SMS **FRENCH TOAST** followed by your name, ID number and postal address to **48405**. Each SMS costs R1,50 and free SMSs do not apply. Competition closes on 31 May 2015. The prize cannot be transferred to cash. The winner and partner have three months from closing date of competition to book. Transport excluded. All items not listed alongside must be settled by guest directly. Not exchangeable. Visit [foodandhome.co.za](http://foodandhome.co.za) for terms and conditions.

## THE PRIZE

A romantic three-night getaway for two, worth R60 000, to Paris.

The prize is valid for two persons sharing and includes:

- Two economy class return flights on **Air France** to Paris, France from OR Tambo airport, Johannesburg (airport tax included).
- Three nights' accommodation at the luxurious five-star **Hôtel Napoléon** in the heart of Paris.
- An evening at the dazzling **Lido Cabaret** in Paris to watch the newly released show, *Paris Merveilles*, inclusive of Champagne and dinner.
- A three-day **Paris Visite Pass** to explore the breathtaking beauty and sites of Paris. The pass allows unlimited travel on the bus, metro, tramway and Réseau Express Régional (RER) networks in central Paris and its suburbs.
- **Spending money** of R2 000 per person.



Directed by Paul Krüger and Anél Stolp, *French Toast* is a movie about discovering tastes, textures and colours and experiencing new emotions. It takes place through the eyes of Lise le Roux. After finding her mother's secret French-toast recipe and discovering she has a sibling, Lise jets off to Paris, France, to find them and meets a French chef, Jean-Pierre Baptiste. Lise agrees to photograph his new cookbook, if he returns the favour by helping her to find her lost sibling. But, Jean-Pierre mysteriously disappears and asks Lise not to try and track him down. It is a film filled with emotion, secrets and suspense. With a version in Afrikaans and English with touches of French, *French Toast* appeals to all audiences. If you want to find out what happens to Lise and Jean-Pierre, pay a visit to your local cinema from 24 April 2015.

*French Toast* will release at cinemas nationwide on **24 April 2015**. For more information, visit [frenchtoastfilm.co.za](http://frenchtoastfilm.co.za).

# GONE *fishing*



WAYFARER TROUT HATCHERY, IN THE NATAL MIDLANDS, IS ANGLING TO BE THE BEST

By GILL HYSLOP Recipes by JANE SMORTHWAITE, JULIETTE STEPHENSON and JACKIE CAMERON Photographs by CLINTON FRIEDMAN and DYLAN SWART

André (left) and Garyth Hofman lifting the protective nets off the hatchery pool.



**A**bird lover, carer of the environment and passionate dabbler in the kitchen using wholesome ingredients, it's no wonder Sue Hofman is concerned about our dwindling fish resources, despite living more than 100km inland from the coast. "Trout are a sustainable fish source, at a time when many ocean species are under threat," she emphasises.

Turning their backs on a successful, but stressful, Johannesburg lifestyle, André and Sue Hofman relocated to the Dargle in the Natal Midlands and evolved their hobby into a business. Wayfarer Trout is a hatchery that supplies fresh, deboned trout fillets and European-style, cold, smoked salmon trout (as well as trout pâté and roulades, on request) to a burgeoning list of customers.

Sue, a stained-glass artist, has essentially returned to her roots. Her great grandfather, Edward Way, a colonel in the British army, bought the farm Bosch Hoek (present-day exclusive golf estate in Balgowan) from about 1850 to 1860. There, he met and fell in love with Erica Landsberg, daughter of a German farmer who didn't like the English and forbade the marriage. However, on Erica's 21st birthday, Edward rode onto the farm in the Karkloof and stole her away. They had five daughters, the youngest of whom was Susan's grandmother, Malvina. She married Frank Arthur Verney, a major in the British army and a vet, who was sent to South Africa to battle the Rinderpest, constantly moving the family between Kokstad and Greytown, Basutoland and Pietermaritzburg, in this endeavour. Yet, Sue's father, John, spent much of his youth on Bosch Hoek, developing a deep love for fly-fishing. As such, Sue was taught to fish at the age of 10 and, it goes without saying, that she married a man who shared her passion. For 25 years, family holidays were spent in Lydenburg, and the love of trout was passed down to their two sons, Garyth and Guy, from

the moment they could hold a rod.

In 2005, the Hofmans bought 60 hectares of the original Hazelmere farm, located about 45km from Howick under the iNhlosane Mountain in the upper Dargle, and named it Wayfarer Farm. "It seemed appropriate to commemorate my family history in the name of our farm. 'Way' for Edward, Erica and Malvina; and the 'farer' part for the rest of us, who took so long to come back here," she explains.

They were immediately attracted to the property for its masses of pristine water

– including three dams, river frontage (Brookdale River), three perennial streams and a wetland – and certainly not for the original dwelling, which Sue describes as a small, dark, fortress with brick bars on the windows. With construction in his blood, André instantly started on massive renovations to build the home of their dreams and, today, it's big and airy, mostly open-plan, comfortable and typically countrified with large, shabby-chic sofas, loads of family memorabilia, and Nazghul, Hera and Juno – excitable terriers who demand attention with lots of bum wagging.

After toying with mushroom farming and pheasant rearing ("What a nightmare those birds were!" exclaims Sue, noting that, now, the farm is a haven for birds, not a provider for the plate), by 2007, the family had set up a budding trout hatchery – four fish runs, each stocking around 500 to 1 000 fish. "This gives them lots of room to swim," adds Garyth, who manages the farm. "Happier fish grow faster and taste nicer."

Taking me on a tour to proudly show off the nursery, the runs and the smokehouse, he fervently describes the life cycle of a trout. "Trout breed in winter, from the end of May to the beginning of July, when we strip the

The smokehouse



eggs. The eggs then become elven (a fish still with the egg sac), growing into a fry and then becoming a fingerling when it's two months old and around two inches in length. The life span of the fish is nine months to one year, bringing it to a growth weight of around 400g – 500g. To begin the hatchery, we bought our first batch of eggs from Bushmans River Trout and, now, mainly benefit from the stock. We only stock rainbow trout, which are a much faster-growing breed than the brown trout."

"What the fish eat, we obviously eat, too; so, interested to find out what we're really consuming, I asked about feeding," explains André, who joins the interview towards the end after collecting a supply of feed for the fish. "As the South African climate is so hot (certain supplementary natural foods perhaps acceptable in colder Europe are not acceptable in our climate), we feed our fish on pellets of high protein and crustacea (as designed and formulated by experts), as well

## A SIDE OF TROUT

as natural food through the flow of the river, resulting in the pink colour found in wild trout. Wild trout eat, among other foods, snails and crab in their natural environment. Trout are predators; ours get a supply of formulated and natural foods."

The fresh trout fillets are deboned, pinned and the skin retained for protection when pan-fried. Each side, weighing around 160g, is individually vacuum-packed and frozen. "Other producers usually sell 80g fillets or a whole trout. I believe we've found the winning formula. Chefs love our fillets, because they can be cooked in five minutes and the consumer is far happier not having to face the head, eyes and bones," says Garyth.

This is evident in the number of awards Wayfarer Trout has won recently, including Best Small Producer: Seafood at the 2014 Eat Out Zonnebloem Produce Awards, a move motivated by their biggest fan, Jackie Cameron (Hartford House's former star chef, who is now owner of the Jackie Cameron School of Food & Wine). "My greatest moment was

being able to showcase Wayfarer Trout at the last Eat Out Produce Awards. The judges were flabbergasted by the quality and I was immensely proud of what the Midlands has to offer," comments Jackie. The product was also commended at The Oyster Box KZN Food Heroes that year.

By this stage, Garyth has set up platters of the smoked trout, served on thick slices of Sue's home-made bread. It is delicious, with an opulent smokiness that enhances the unique flavour of the fish. "Our philosophy is to supply the freshest that we can. Fish harvested on Monday is ready for eating by Friday," prides Garyth.

The smoked process is a lot more complicated. "We've experimented extensively – using my tennis club as the guinea pigs – to come up with the right recipe, which is modelled on the old Scottish smoked-salmon method, but adapted for modern-day South Africa. Now, we have fridges, which means it doesn't have to be as salty or as intensely smoked for preserving," says Sue. It involves a three-day process

– harvesting, scaling, deboning, pinning, skinning, brining, smoking, vacuum-packing and freezing.

The home-built smokehouse uses the indirect technique and the fire pit is located several metres away from the smoking chamber, which has the capacity to accommodate up to 100kg trout per sitting. Currently, Wayfarer Trout turns over three to four tons of trout per year, selling mainly to the hotel and restaurant industry in the Midlands, Durban and up the coast to Ballito, as well as to outlets like Piggly Wiggly and Barthos fish retailers. Sue assures me that they're fully equipped to take on orders from further around the country.

She plans to extend the product range this year to include trout caviar, using the roe that is no longer viable as eggs. "There's a definite call for it and, again, it's a sustainable alternative to sturgeon caviar," she says. And that's not just fishing for compliments, but a viable response to a critical situation. Call 082 415 3780 or email [wayfarer.dargle@gmail.com](mailto:wayfarer.dargle@gmail.com) for more information.

Sue and André Hofman with their dogs, Nazghul (left) and his mother, Hera.



### Sue Hofman's five-minute trout

Preheat the oven to 180°C. Melt 15g butter and 15ml (1 tbsp) olive oil in an ovenproof skillet over medium heat. Season the trout fillet with salt and freshly ground black pepper, a little chopped parsley and dill, and a few squeezes of lemon juice. Place the fillet, skin side down, in the pan to crisp the skin, 2 minutes. Give the skillet a gentle shake, but don't turn over the fillet. Place in the oven for a maximum of 3 minutes. Trout should be served medium rare to keep it moist and succulent.



# Nutty-herb trout fillets with horseradish yoghurt

Supplied by Juliet Stephenson from

Brookdale Health Hydro

Serves 4 **EASY** 45 mins

## THE FLAVOUR COMBINATIONS

25ml fresh fennel/dill, finely chopped  
30ml (2 tbsp) olive/avocado oil  
organic salt and freshly ground  
black pepper, to taste  
4 deboned trout fillets  
250g plain low-fat yoghurt  
15ml (1 tbsp) creamed horseradish  
handful fresh parsley, chopped +  
extra, to garnish  
25ml toasted flaked almonds

## HOW TO DO IT

- 1 Preheat the oven to 180°C.
- 2 Mix together the fennel or dill and oil and season to taste.
- 3 Place the fillets on a baking tray, smear over the herb oil and bake in the oven, 10 – 15 minutes.
- 4 In the meantime, mix together

the yoghurt, horseradish and half of the parsley. Season with salt and pepper to taste.

- 5 Mix together the almonds and remaining parsley and sprinkle over the trout fillets. Serve with the horseradish-yoghurt sauce and garnish with a sprig of parsley.



Juliet Stephenson



# A SIDE OF TROUT

Jane Smorthwaite



66

## COOK'S TIP

This is delicious served with Dauphinoise potatoes and a lovely fresh side salad or asparagus.

99

## Trout in filo

Supplied by Jane Smorthwaite from Abingdon Wine Estate  
Serves 4 EASY 30 mins

### THE FLAVOUR COMBINATIONS

**2 baby marrows, finely sliced  
2 baby leeks, finely sliced  
butter, to sauté  
salt and freshly ground black pepper, to taste  
small handful fresh thyme, chopped, to taste + extra, to garnish  
4 fresh salmon trout sides (trout halves), skins removed  
lemon juice, to taste  
butter cubes, to top  
4 sheets filo pastry, defrosted  
melted butter, to brush  
handful toasted slivered almonds, to sprinkle**

### HOW TO DO IT

- 1 Preheat the oven to 180°C. Lightly sauté the baby marrows and leeks in a little butter in a frying pan over medium heat, about 3 minutes. Season with salt, pepper and some of the thyme.
- 2 Divide the cooked mixture among 4 dishes, roughly the same size as your trout sides, creating a thin bottom layer in each dish.
- 3 Place your uncooked, fresh trout sides on top of the baby marrow and leek layer, and season with lemon juice, salt, pepper and the remaining thyme. Place a few squares of butter on top of the sides and place a single layer of filo over each trout. I like to crinkle the filo into a pretty ruffled shape for effect. Brush with the melted butter and bake in the oven, 10 minutes. Remove from oven, sprinkle with the toasted almonds and garnish with fresh thyme to serve.

### RECOMMENDED LIST OF WINES TO PAIR WITH TROUT

Supplied by Trevor Gower of Meander Fine Wines

- Sutherland Viognier/Roussanne (particularly good with citrus) from Thelema Mountain Vineyards
- Newton Johnson Southend Chardonnay
- Waterford Library Collection Riesling
- Painted Wolf Peloton Blanc



## Midlands smoked trout and braaied potato salad with fennel and lavender, topped with caviar

Supplied by Jackie Cameron of Jackie

Cameron School of Food & Wine

Serves 4 (as a starter) **EASY** 45 mins



### THE FLAVOUR COMBINATIONS

**500g baby potatoes**  
**50ml fresh cream**  
**35g salted butter**  
**salt and freshly ground black pepper, to taste**  
**15ml (1 tbsp) sunflower oil**  
**63g onions, peeled and chopped**  
**5ml (1 tsp) garlic, peeled and grated**

**63g fennel bulbs, chopped**  
**400ml beef stock**  
**4 x 80g smoked trout fillets**  
**120g smoked trout, chopped**  
**1 cucumber, peeled and finely chopped (brunoise)**  
**1 red onion, peeled and finely chopped (brunoise)**  
**lemon juice, to taste**  
**olive oil, to drizzle**

**caviar, to serve**  
**fresh lavender heads, to garnish**  
**fennel sprigs, to garnish**

### HOW TO DO IT

- 1 Braai the potatoes, with their skins on, on a wood fire with lots of pine kernels, ferns and lavender. Alternatively, if you do not have a braai, bake the potatoes in a 200°C oven on a baking tray until soft and cooked, 20 minutes. When soft, smash through a sieve while still hot.
- 2 In a small saucepan over high heat, heat the cream and 15g of the butter. Allow it to reduce until it looks as if it has split, 2 minutes. Add to the potatoes and mix, ensuring it's of a smooth, pulling consistency. Season well to taste.

3 Melt 10g of the butter with 10ml (2 tsp) of the oil in a saucepan over high heat. Add the onions, garlic and fennel and fry lightly, 3 minutes. Add the beef stock, a little at a time, and simmer until the vegetables are tender, about 5 minutes. Remove from heat and set aside to cool.

4 Melt the remaining 10g butter and 5ml (1 tsp) oil in a non-stick frying pan over high heat. Fry the 4 trout fillets, skin side down, until crispy, about 30 seconds. Carefully turn and only lightly 'kiss' the other side with heat.

5 To assemble, drag a line of smoky potato crème across the plate. Mix together 30ml (2 tbsp) fennel mixture, 30ml (2 tbsp) of the 120g smoked trout, 15ml (1 tbsp) cucumber and 15ml (1 tbsp) red onion. Season with salt, pepper, a squeeze of fresh lemon juice and a drizzle of olive oil, and plate. Top with some caviar, and garnish with fresh lavender and fennel sprigs to serve. Repeat for the remaining servings.





WHAT TO DRINK, WHEN, WHERE AND HOW... By CLAIRE HU

# DRINK UP



*Sweet seduction*

**Paul Cluver Riesling 2012 (R180)**

So delicious! A hit of marmalade, apricots and a salty tang on the nose. A mouth-watering freshness of pineapple acidity cuts through the sugar.

**Lourensford Estate Noble Late Harvest 2009 (R125)**

Complex and alluring with notes of Old Spice cologne, caramel, nutmeg and Marmite. There's a chilli tang on the tongue from the wood ageing and a long finish.

Whether a complex dessert wine to savour or an inexpensive moscato (currently favoured by hip-hop artists), a new generation of sweet wines are proving they are not just for grannies. Here's a round-up of my favourites.



Win

**OBiKWA  
Moscato  
2014 (R28)**

There's nothing not to like about this simple sweetie, especially the price! Aromas of tinned peaches, honeysuckle and fresh pineapple with a clean (and not cloying) finish. Would be great with a Thai curry.

## GIVEAWAY

One lucky reader stands the chance to win three cases (18 bottles) of OBiKWA Moscato worth R540. Made from muscat grapes, this irresistibly sweet wine is best served chilled and recommended with spicy Asian dishes or a dessert like lemon pound cake. To enter, email your name, postal address and ID number to [foodhome@caxton.co.za](mailto:foodhome@caxton.co.za) with 'OBiKWA' in the subject line by 15 May 2015.

*Dates for the diary...*

**7 May.** Oneiric wines from Elgin will feature in the latest Wine & Dine pairing dinner at Nobu in Cape Town. Pairing contemporary Asian dishes with wines, the event will be overseen by the restaurant's award-winning wine steward, Mercy Mwai. Tickets cost R495. 021-431-4511; [restaurant.reservations@oneandonlycapetown.com](mailto:restaurant.reservations@oneandonlycapetown.com)

**16 May.** World Whisky Day will be celebrated by local drams including Three Ships, launched in 1977 as South Africa's first whisky brand. The Three Ships Bourbon Cask Finish is the first South African whisky where both the malt and grain components are distilled and matured in SA. [worldwhiskyday.com](http://worldwhiskyday.com)

**30 – 31 May.** Avid foragers have the chance to hunt down wild mushrooms in the forest at Delheim Wine Estate. The event includes tips from mushroom cultivator Gary Goldman and a three-course mushroom-themed lunch in the cellar. Tickets cost R595. 021-888-4600; [info@delheim.com](mailto:info@delheim.com)

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## Q&A

The new chef at The Red Table at Nederburg Wine Estate in Paarl is Edmore Ruzoza – known to close friends by his Shona name ‘Tigere’, which means ‘comfort’.

### Favourite type of cuisine?

When I was first starting out, I was inspired by French cuisine but, as I grew in ability, I started loving Mediterranean cooking. My influences are a fusion of Mediterranean and Asian flavours.

### The idea behind your fusion dishes?

As people travel more, they have higher expectations and want to try new flavours. Back in Zimbabwe, I trained under a visiting Japanese master chef who exposed me to a whole new palate of pan-Asian tastes.

**Favourite wine?** I didn't grow up drinking alcohol but, through my tasting menus, I've learnt to appreciate, in particular, white wine. I really love Nederburg's The Beautiful Lady Gewürztraminer. It's aromatic and elegant and reminds me of a rose garden, with a touch of Turkish delight and litchi.

**Favourite ingredients?** I love the unique flavour of thyme. Also, lamb. I'm working on a lamb-rump dish with a rub of toasted spices and herbs, served with a white wine and rosemary sauce.

**First food memory?** It would have to be the dishes my mother cooked for us at special times, like Christmas and Easter. There would be different kinds of breads, roasted and stewed chickens and goat made the traditional way.

# Pinotage LOUNGE



Love it or hate it, pinotage has become an emblem for South African wine ever since it was created by crossing pinot noir and cinsaut in 1925. Now, the native grape cultivar is being showcased in the first Pinotage Lounge at L'Avenir Estate in Stellenbosch.

Located in the heart of the cellar, the striking space will be the venue for private events and exclusive tastings with winemaker Dirk Coetze, including rare vintages dating back to the 1970s.

L'Avenir is currently on the 2012 vintage of its Single Block Pinotage, made from a selected parcel of cultivated bush vines up to 30 years old.

The L'Avenir Pinotage Lounge is open during tasting-room operating hours and for private functions. For more information, email [info@lavenir.co.za](mailto:info@lavenir.co.za).

### WINE JARGON UNRAVELLED...

### Noble rot

It doesn't sound attractive, but noble rot is used to make some of the greatest dessert wines in the world. It's a 'good' kind of fungus that thrives in damp and humid weather. Noble rot draws moisture out of the grape through the skin, concentrating the sugars and reducing it to an unappealing-looking shrivelled raisin, which, nevertheless, makes great sweet wines like Sauternes in France.



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*Christina van Loveren*



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# Books for cooks

DIGESTING THE LATEST ON THE CULINARY SHELVES... By KERRY MACFIE

## Healthy goodness

### LOW CARB IS LEKKER (RANDOM HOUSE STRUIK, R226)

The name says it all! Written by a mom for moms, Inè Reynierse has come up with wheat-free, sugar-free and low-carb meals to substitute South Africa's favourites. Think chicken and cheese cupcakes with creamy cheese 'icing' or chocolate, butterscotch and berry cake. Sound unbelievable? Well, believe it!



## Family feast

### FOOD FOR YOUR BROOD (RANDOM HOUSE STRUIK, R253)

Your family can be your biggest critics when it comes to food and cooking for family gatherings can take hours! Sam Gates's cookbook will provide you with recipes your brood will love and you won't have to spend hours in the kitchen. Try the super-fast ham, tomato and pesto lasagne followed by a zesty mango and lime sorbet for dessert. The only thing better than good company is great food – and now you can have both.



## Your handy sidekick

### RACHEL KHOO'S KITCHEN NOTEBOOK (PENGUIN GROUP, R395)

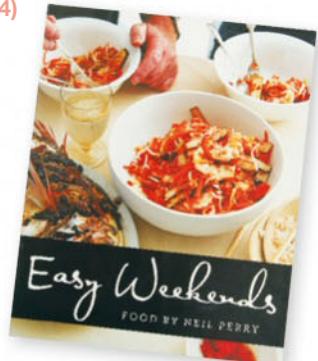
With vibrant and exciting adventures behind her, Rachel Khoo decided it was time to share her kitchen tips and tricks with us at home. Aubergine and halloumi schnitzel with stewed tomatoes and mini orange trifles with candied carrot

will not only make your taste buds tingle, but will take you on a culinary journey like no other.

## Weekends have never been this easy!

### EASY WEEKENDS (MURDOCH BOOKS, R514)

Whether it's a lazy Friday dinner, an early Saturday breakfast or a Sunday lunch with loved ones, *Easy Weekends* has over 100 recipes to make cooking on the weekend just that – easy! One of Australia's best-loved chefs, Neil Perry, has developed this cookbook to combine delicious meals with simple, easy cooking. If you're new to the kitchen, try the Italian-style zucchini and Parmesan soup. For the more experienced cooks, the roast lobster or mangoes with black sticky rice and coconut cream is sure to hit the spot!



## Life to the fullest

### YOUR BEST LIFE (CHRISTIAN ART PUBLISHERS, R307)

Dr Michael Mol – *Top Billing* presenter and doctor – and John Berry – Chief Innovations Officer and original founding partner of the Kauai franchise – have joined forces to give you a treasure chest of healthy and delicious fare. Try the blackcurrant, Rooibos, apple, orange and cinnamon iced tea or the steamed trout with sugar snaps and citrus salad for tantalising goodness!



Photographs by Dylan Swart

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## EXCLUSIVE BOOKS' TOP 10 COOKERY TITLES

1	<i>The Real Meal Revolution</i>	Professor Tim Noakes et al
2	<i>Platter's South African Wine Guide 2015</i>	John Platter
3	<i>Die Kos Revolusie</i>	Professor Tim Noakes et al
4	<i>Plenty More</i>	Yotam Ottolenghi
5	<i>Durban Curry: So Much of Flavour</i>	Erica Platter & Clinton Friedman
6	<i>Low-carb Living for Families</i>	Monique le Roux Forslund
7	<i>Weber Braai Bible</i>	Jamie Purviance
8	<i>Jerusalem: A Cookbook</i>	Yotam Ottolenghi & Sami Tamimi
9	<i>Tessa Kiros: The Recipe Collection</i>	Tessa Kiros
10	<i>Sababa</i>	Tal Smith & Nirit Saban

34 FOOD&HOME ENTERTAINING MAY 2015

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# THE KITCHEN FILES

By NOMVUSELELO MNJCUBE Photographs by DYLAN SWART



**Tartaric acid** is a crystalline organic acid present in some fruits and usually formed inside wine barrels or in the white crystals that precipitate out of some wines. When mixed with baking soda, it is used as a leavening agent in food such as pancakes, cookies and cake mixes. Tartaric acid is mostly utilised in the production of canned fruits and vegetables, sugar preserves, chewing gum, cocoa powder and alcoholic drinks. **Cream of tartar**, derived from refined tartaric acid, is a component of baking powder (when mixed with baking soda) and is used as a leavening agent in baking and cooking. Cream of tartar is less acidic than tartaric acid and great in egg-white desserts, as it stabilises the egg whites and increases their volume.

2

## GRAPPLE the apple

There are 7 500 varieties of apples grown throughout the world, so, if you tried a new variety each day, it would take you 20 years to try them all!

- The science of apple growing is called 'pomology' – that's a fun word!
- The apple tree originated north of the Mesopotamia region, between the Caspian and Black seas.
- Apples belong to the rose (Rosaceae) family, as do pears and plums.

Source: Drazeta et al. 2004. *Journal of Experimental Botany*. 55: 1061



3

## Give the curl a whirl

Make impressive decorative chocolate caraques (curls and shavings) by purchasing already-tempered chocolate from speciality chocolate brands, such as Lindt and Valrhona. Make sure you follow the packaging instructions regarding the temperature the chocolate should reach – going over this temperature will destroy the tempered-chocolate properties. Melt the chocolate, as per the instructions, and spread onto a marble surface using a metal spatula. Let it set for 5 minutes, scrape the chocolate back into the bowl and melt it again. Spread onto the same surface and let it stand (it is better if the room is quite cold), 5 minutes, before scraping up the chocolate with the spatula to form caraques.



4

## Eat, drink and

A bain-marie comprises a container of food, delicate sauces or other dishes, placed on top of a vessel holding hot water, which is then gently cooked or kept warm. Bains-marie were originally developed for use in the practice of alchemy when alchemists needed a way to heat materials slowly and gently. The term 'bain-marie' is derived from the French for 'bath of Mary'. There are many theories as to how the name Marie came to be associated with this equipment.

## BAIN-MARIE



5

## SOMETHING FISHY



Ever wondered how to spot bad fish? Fresh fish does not smell fishy. When shopping for fresh fish, make sure that you look at the eyes – they must be sparkling and moist, not dull and dry. The gills are also a great indication of freshness – fresh fish will have a high concentration of blood on the gills, evident from the bright red colour. The gills will turn a darker red or black on a stale fish. Make sure you purchase fish from clean environments as this is usually a good indication of proper hygiene practices.

6

Squeezing a lemon can be difficult. An easy way to get most of the juice out of this citrus fruit is by slicing it in half and pressing one half between a pair of cooking tongs. Another good idea is to rub the whole lemon back and forth on a clean work surface, using your palm, to release the juice from the fruit cells before cutting the lemon and squeezing it.



# Pink ME UP

TART AND TANGY WITH AN UNDERLYING SWEETNESS, THE REFRESHING GRAPEFRUIT HAS A JUICINESS THAT RIVALS THAT OF THE ORANGE AND SPARKLES WITH MANY SIMILAR HEALTH-PROMOTING BENEFITS. PLUS, IT'LL ADD A LIGHT KICK TO ANY MEAL.



Recipes and styling by NOMVUSELELO MNQUBE. Photographs by DVLWNSWART

66 A grapefruit is a lemon that had an opportunity and took advantage of it.

OSCAR WILDE

99

## Grapefruit paella

Serves 6 – 8 **EASY** 1 hr

### THE FLAVOUR COMBINATIONS

**45ml (3 tbsp) olive/avocado oil, to fry + extra, if needed**  
**4 chicken drumsticks, skins removed**  
**4 chicken thighs, skins removed**  
**800g king prawns, cleaned**  
**220g chorizo, chopped**  
**1 red onion, peeled and chopped**  
**2 garlic cloves, peeled and crushed**  
**5ml (1 tsp) paprika**  
**1kg bomba (paella) rice**  
**1,5L (6 cups) chicken stock**  
**60ml ( $\frac{1}{4}$  cup) grapefruit juice**  
**10ml (2 tsp) white sugar**

**3 x 400g tins chopped tomatoes**  
**3 medium grapefruits, peeled and cut into segments**

**handful fresh coriander, to garnish**

### HOW TO DO IT

- 1 Heat the oil in a large frying pan over medium-high heat and brown the chicken drumsticks and thighs on both sides, about 15 minutes, adding a little more oil if needed. Place in a bowl and set aside until needed.
- 2 In the same pan, fry the prawns, about 3 minutes. Remove from heat and set aside in a bowl until needed.
- 3 In the same pan, fry the chorizo until crispy, about 10 minutes. Remove from heat and set aside in a bowl until needed.
- 4 Heat a little oil in a clean, deep saucepan over medium heat, add the onion and garlic, stir in the paprika and cook, 2 minutes. Add the rice and stir until combined. Add the stock, juice, sugar, chicken and tomatoes and bring to a boil. Season to taste, lower the heat to medium and let it simmer away, 20 minutes.
- 5 Add the prawns and cook for about 5 minutes. Remove from heat and stir in the chorizo.
- 6 Mix in some of the grapefruit segments, keeping the rest for a topping. Garnish with coriander and the remainder of the grapefruit.



## Grapefruit and Parma ham-stuffed kob with chive mayonnaise

Serves 6 – 8 **EASY** 1 hr

### THE FLAVOUR COMBINATIONS

**2kg whole kob, cleaned and head removed**  
**2 leeks, sliced**  
**140g Parma ham**  
**1 medium grapefruit, sliced**  
**30g pine nuts**

**60ml (¼ cup) honey**  
**salt and freshly ground black pepper, to taste**  
**olive/avocado oil, to drizzle**

### CHIVE MAYONNAISE

**2 large egg yolks**  
**375ml (1½ cups) canola oil**  
**30ml (2 tbsp) fresh lemon juice**  
**small handful chives, chopped**

### HOW TO DO IT

**1** Heat the oven to 200°C and line

a large baking tray (big enough to fit the fish) with baking paper.

**2** Place the fish, lengthways, on a cutting board. Stuff with the leeks, Parma ham, sliced grapefruit and half of the pine nuts in the cut belly side of the fish. Drizzle with the honey inside and out and season to taste. Drizzle over a little oil and the remaining pine nuts, cover with foil and bake in the oven, 30 minutes. Remove the foil and bake for a final 20 minutes.

**3** For the mayonnaise, blitz the egg yolks on high speed in a food processor for 15 minutes. Add the oil a little at a time, while blending, until a mayonnaise consistency is reached. Add the lemon juice and season to taste. Mix half of the mayonnaise with the chives and blend until smooth. Mix in the remaining mayonnaise.

**4** Serve the stuffed fish warm with a side of chive mayonnaise.



### Did you know?

- The most popular varieties of grapefruit cultivated today are pink, red and white (referring to the internal pulp colour of the fruit).
- The grapefruit is a result of cross-fertilisation between an orange and a pomelo.
- The thick outer covering is followed by a white 'net' under the skin. This layer is called the albedo.
- Grapefruit contains over 90 per cent water, which is one of the highest in fruits.
- This delicious fruit is a powerhouse of phytochemicals, including vitamin C (an antioxidant) and limonene. Antioxidants are intimately involved in the prevention of cellular damage – the common pathway for cancer, ageing and a variety of diseases.
- Grapefruit boasts high amounts of lycopene, which is a carotenoid phytonutrient and contains anti-tumour properties.

Source: [wiki-fitness.com/grapefruit-health-benefits-nutrition-facts/](http://wiki-fitness.com/grapefruit-health-benefits-nutrition-facts/)

## Bottled spiced grapefruit and lemon syrup

Makes 4 large jars **EASY** 45 mins

### THE FLAVOUR COMBINATIONS

- 480g white sugar
- 1,5L (6 cups) boiling water
- 4 cinnamon sticks
- 4 star anise

- 5 medium grapefruits, peeled and sliced into rounds
- 6 lime wedges
- 8 lemongrass sticks

### HOW TO DO IT

- 1 In a saucepan over medium heat, heat the sugar, water, cinnamon and star anise. Bring to a boil until the sugar syrup starts to slightly thicken, 20 minutes. Reduce the heat, add

the grapefruit and simmer, 5 minutes. Remove from heat and set aside to cool to room temperature.

- 2 Place the grapefruit mixture in sterilised jars. Add the lime wedges and lemongrass and refrigerate. This will keep for up to 1 week. The syrup is delicious served on waffles (see recipe on page 49), pancakes or ice cream.



66

When I pass a flowering zucchini plant in a garden, my heart skips a beat.

GWYNETH PALTROW

99

# Baby LOVE

KNOWN TO SOME AS A COURGETTE OR ZUCCHINI, THE FAT-FREE BABY MARROW IS ALSO LOW IN SODIUM, RICH IN MANGANESE AND VITAMIN C AND HAS MORE POTASSIUM THAN A BANANA (PER 100G)! TRY THESE BRILLIANT BABY MARROW BRAINCHILDREN FOR WINTER AND BEYOND

By ILLANIQUE VANASWEGEN Photographs by ADEL FERREIRA

## Baby marrow and butter-bean soup with Gruyère and mustard soldiers

*This soup is packed with goodness from the fresh produce. Plus, the soldiers are so delicious, you'll want to make them for every meal!*  
Serves 4 **EASY** 45 mins

### THE FLAVOUR COMBINATIONS SOUP

- 5ml (1 tsp) olive oil
- 1 (120g) red onion, peeled and chopped
- 15ml (1 tbsp) garlic, crushed
- 750ml (3 cups) chicken/vegetable stock
- 1 x 410g tin butter beans, drained
- 400g baby marrows, sliced into rounds
- 80g baby spinach
- 125ml (½ cup) fresh cream + extra, to serve





**salt and freshly ground black pepper, to taste**

#### GRUYÈRE AND MUSTARD SOLDIERS

**8 thick slices farm-style white bread, buttered on both sides  
20ml (4 tsp) Dijon mustard  
8 slices Gruyère**

**handful raw baby marrow ribbons, to garnish**

**handful fresh basil, to garnish (optional)**

#### HOW TO DO IT

1 For the soup, heat the oil in a pot over medium heat. Add the onion and gently fry until soft and translucent, 15 minutes. Stir in the garlic and fry for a further 2 minutes. Pour in the stock and beans and bring to a boil. Add the baby marrow rounds and cook for 5 minutes. Add the spinach and remove from heat. Use a hand blender to blitz until smooth. Stir in the cream and season to taste.

2 For the soldiers, heat a large non-stick

pan over medium heat. Spread some Dijon mustard on 1 slice of the buttered bread, top with 2 slices of Gruyère and close it up with another slice of bread. Repeat with the remaining slices of bread. Fry the bread in the pan until golden and crisp, 2 – 3 minutes on each side. Cut into soldiers.

3 To assemble, ladle the soup into the serving dishes, drizzle with a bit of cream and garnish with a few baby marrow ribbons. Serve with a side of toasted soldiers and garnish with basil leaves, if desired.

#### COOK'S TIPS

Buy the best farm-style bread possible as it will really improve your end result. A firm sourdough will also work well. When making toasted soldiers or sandwiches in a pan, place a side plate on top of the bread while frying – this weighs it down and helps to create a crispier crunch and golden finish. To make baby marrow ribbons, simply use a vegetable peeler to peel off

ribbons from the vegetable. Stop when you reach the seeded part.

#### Baby marrow, ricotta, pea and salmon tart

*A delicate pastry topped with fresh veggies and a dainty custard makes this the perfect light meal*

**Serves 6 – 8 (12 slices) A LITTLE EFFORT 1 hr 45 mins**

#### THE FLAVOUR COMBINATIONS PASTRY

**300g bread flour + extra, to dust  
200g salted butter, softened  
125ml (½ cup) cold water**

#### FILLING

**230g ricotta  
200g baby marrows, sliced into thin strips on a mandoline  
150g peas, blanched  
180g cooked salmon fillet, flaked  
4 eggs  
80ml (½ cup) fresh cream  
230g spring onion and chive-**



## IN SEASON

**flavoured cream cheese**  
1.25ml (1/4 tsp) cayenne pepper  
1.25ml (1/4 tsp) paprika  
1.25ml (1/4 tsp) salt

**handful fresh mint, to garnish**  
**handful pea shoots, to garnish**

### HOW TO DO IT

- 1 For the pastry, place the flour in a mixing bowl. Dice the butter, add it to the flour and use a butter knife to cut it into the flour. Add the water and use your hands to bring the pastry together. Mould the pastry into a disc, cover with cling film and refrigerate, 30 minutes.
- 2 Lightly grease a 40cm x 28cm shallow baking tray with cooking spray.
- 3 Roll the pastry out on a lightly floured surface until it is the shape and size of the tray. Gently lift the pastry and line the tray, making sure it goes up the sides. Prick all over with a fork and refrigerate, 20 minutes. Preheat the oven to 160°C.
- 4 Blind-bake the pastry for 10 minutes. Remove from oven, leaving the oven on.
- 5 For the filling, sprinkle the ricotta over the pastry base. Arrange the baby marrow strips over the ricotta. Sprinkle with the peas, then the flaked salmon.
- 6 In a blender, combine the eggs, cream, cream cheese, cayenne pepper, paprika and salt, and blitz until smooth. Pour over the vegetables and bake the tart in the oven until firm, 25 minutes. Remove from oven, cut into 12 portions and garnish with fresh mint and pea shoots to serve.

## Baby marrow tempura with wasabi aioli

*These little veggie bites are addictive! The delightful crunch they provide is heavenly against the slightly spicy, home-made aioli*

Serves 4 **EASY** 45 mins

### THE FLAVOUR COMBINATIONS WASABI AIOLI

**1 large egg yolk**  
**5ml (1 tsp) Dijon mustard**  
**5ml (1 tsp) red wine vinegar**  
**180ml (3/4 cup) sunflower oil**  
**2.5ml (1/2 tsp) garlic, crushed**  
**5ml (1 tsp) wasabi paste**  
**15ml (1 tbsp) lemon juice**  
**15ml (1 tbsp) cold water**

### COOK'S TIPS

If you're really pushed for time, then store-bought shortcrust pastry will do the trick. To make this vegetarian friendly, simply leave out the salmon and replace it with one of your favourite veggies like corn, roasted cocktail tomatoes or chopped mushrooms.





#### BABY MARROW TEMPURA

oil, to deep-fry

- 120g self-raising flour, sifted
- 60ml (¼ cup) cornflour
- 2.5ml (½ tsp) fine salt
- 30ml (2 tbsp) fresh thyme leaves
- 250ml (1 cup) soda water
- 6 (400g) baby marrows, washed and cut into batons

microherbs, to garnish (optional)

#### HOW TO DO IT

1 For the aioli, place the egg yolk, mustard and vinegar in a food processor, and blend for a few seconds to combine. Keep the motor running while you very slowly add the oil in a steady stream. The aioli will start to thicken. Once all the oil is incorporated and emulsified, blend in the garlic, wasabi paste, lemon juice and water until smooth.

2 For the baby marrow tempura,

heat the oil in a deep-fryer or deep pot to 180°C.

3 Whisk the self-raising flour, cornflour, salt, thyme and soda water together. Dip each baton into the batter, gently drop into the warm oil and deep-fry in 3 or 4 batches until golden and crisp, 3 – 4 minutes at a time. Drain on paper towel.

4 Serve with a side of aioli dip and garnish with microherbs, if desired.

#### Warm baby marrow, roasted tomato and mozzarella salad with creamy basil dressing

*Warm salads are great for winter!*

Serves 4 **EASY** 45 mins

#### THE FLAVOUR COMBINATIONS CREAMY BASIL DRESSING

**250g Greek yoghurt**

**COOK'S TIP**

If you want to satisfy the meat lovers with this warm salad, then bulk it up by adding some crispy streaky bacon pieces or slices of roast chicken.

VEGETARIAN



**10ml (2 tsp) Dijon mustard  
20ml (4 tsp) lemon juice  
handful fresh basil  
salt and freshly ground black pepper, to taste**

**SALAD**

**15ml (1 tbsp) olive/avocado oil  
15ml (1 tbsp) fresh rosemary, chopped  
550g cocktail tomatoes  
salt and freshly ground black pepper, to taste  
45ml (3 tbsp) pistachios, shelled  
45ml (3 tbsp) dukkah  
12 (300g) small fresh mozzarella balls (bocconcini)  
30g butter  
5ml (1 tsp) olive/avocado oil  
8 baby marrows, sliced into very thin strips on a mandoline and julienned (if you'd prefer, you can simply cut the baby marrows in half)  
5ml (1 tsp) garlic, crushed  
2 handfuls fresh basil**

**HOW TO DO IT**

- For the dressing, place everything in a food processor and blend until smooth. Season to taste. It could be thinned out with a splash of milk if you prefer it runnier.
- For the salad, preheat the oven to 200°C. Toss the 15ml (1 tbsp) oil, rosemary and tomatoes together. Season with a bit of salt and pepper, place on a baking tray and roast until blistered, 10 minutes.
- Finely chop the pistachios and combine with the dukkah. Dip each mozzarella ball into this mixture and set aside.
- Heat the butter and 5ml (1 tsp) oil in a frying pan over medium heat. Add the baby marrows and garlic and fry, 1 minute. Season with salt and pepper.
- To assemble, scatter some fresh basil into each serving dish. Add some baby marrows, roasted tomatoes and mozzarella balls. Scatter over the leftover dukkah mixture and serve with the dressing on the side.

## Deep-fried baby marrow flowers stuffed with bacon, sage and goat's cheese

Perfect little gourmet bites that are great as a nibble in between meals  
Makes 16 **A LITTLE EFFORT** 1 hr 15 mins

**THE FLAVOUR COMBINATIONS****BABY MARROW FLOWERS**

**2 garlic heads  
10ml (2 tsp) olive/avocado oil  
5g butter  
200g streaky bacon, finely chopped  
1 spring onion, finely chopped  
20ml (4 tsp) fresh sage, finely chopped  
2 x 100g goat's cheese logs, at room temperature  
16 baby marrow flowers, washed and stamens removed on the inside  
salt and freshly ground black pepper, to taste**

**BATTER**

**oil, to deep-fry  
240g self-raising flour  
60ml (¼ cup) cornflour  
2.5ml (½ tsp) fine salt  
2 eggs, lightly whisked  
375ml (1½ cups) beer**

**microherbs, to garnish (optional)**

**HOW TO DO IT**

- For the baby marrow flowers, preheat the oven to 200°C. Place the whole garlic heads on a piece of foil, drizzle over the oil, close up the foil and roast until tender, 40 minutes. Remove from oven and allow to cool.
- Heat the butter in a frying pan over medium heat. Add the bacon and fry until cooked and crisp, 8 – 10 minutes. Add the spring onion and sage and cook for 1 minute. Remove from heat and allow to cool before combining with the crumbled goat's cheese. Cut open the garlic bulbs and squeeze the tender garlic into the goat's cheese mixture and season to taste.
- Place the mixture in a piping bag with a large round nozzle and pipe a little filling into each flower. Don't over-stuff them as you want to fold some of the lush ends of the petals over the filling



to encase it all. Refrigerate until ready to use.

4 For the batter, heat the oil in a deep-fryer or deep pot to 180°C. Whisk the flour, cornflour, salt, eggs and beer together until smooth. Dip each flower into the batter and deep-fry until golden and crisp, 2 – 3 minutes. Drain on paper towel. Serve hot garnished with microherbs, if desired.



#### COOK'S TIP

If you find goat's cheese too tangy for your liking, then try a milder cheese like ricotta. Simply adjust the seasoning accordingly.





SCOFFING ON WAFFLES

# Stack 'em high

CRISP, GOLDEN  
AND HOT OFF THE IRON...  
WE'RE HAVING A WONDERFUL  
WAFFLE WASSAIL WITH A TREASURY OF TASTY TOPPINGS

Recipes and styling by SARAH DALL Photographs by MYBURGH DU PLESSIS





## Basic waffles

Makes 6 large or 12 standard-sized waffles **EASY** 15 mins

### THE FLAVOUR COMBINATIONS

300g cake flour  
30ml (2 tbsp) sugar  
20ml (4 tsp) baking powder  
pinch salt  
2 large eggs  
450ml full-cream milk  
125ml (½ cup) sunflower oil  
butter/oil, to grease

maple syrup, to serve  
icing sugar, to dust

### HOW TO DO IT

- 1 Preheat the waffle iron.
- 2 Sift the dry ingredients into a large bowl. In a separate bowl or jug, whisk together the eggs, milk and oil and slowly add to the dry ingredients, whisking continuously, to form a smooth batter.
- 3 Grease the preheated waffle iron, pour in the batter and cook until golden brown, 3 – 5 minutes. Serve with maple syrup and a dusting of icing sugar.

## Breakfast waffle sandwich

Serves 6 **EASY** 45 mins

### THE FLAVOUR COMBINATIONS

6 large field mushrooms  
100ml olive oil  
6 sprigs fresh thyme  
salt and freshly ground black pepper, to taste  
12 small waffles (see basic waffle recipe alongside)  
50ml sunflower oil  
12 rashers streaky bacon  
6 eggs  
80g wild rocket  
small handful fresh sage leaves, to garnish

### HOW TO DO IT

- 1 Preheat the oven to 180°C.
- 2 Place the mushrooms on a baking tray, drizzle over the olive oil, sprinkle with thyme and season to taste. Bake the mushrooms in the oven until cooked through, about 15 minutes. Five minutes before the mushrooms are done, place the waffles on an oven rack and warm up.
- 3 Heat the sunflower oil in a large frying pan over medium heat, and fry the bacon until golden and crisp, 5 minutes. Remove from pan and drain on paper towel. Fry the eggs in the same pan, 2 – 3 minutes.
- 4 Top 6 of the waffles with some rocket, mushrooms, a fried egg, bacon and another scattering of rocket. Season to taste and sandwich with the remaining 6 waffles. Garnish with fresh sage.

## Banting waffle stack with poached egg and hollandaise

Serves 4 **EASY** 1 hr

### THE FLAVOUR COMBINATIONS HOLLANDAISE

50ml white wine vinegar  
2 black peppercorns  
1 bay leaf  
½ onion, peeled and finely sliced  
2 egg yolks  
250g butter, melted

### BANTING WAFFLES

400g baby marrows, grated





## SCOFFING ON WAFFLES

**100g Parmesan, grated**  
**2 extra-large eggs**

**8 poached eggs**

### HOW TO DO IT

**1** For the hollandaise, place the vinegar, peppercorns, bay leaf and onion in a small pot over medium heat, and simmer until reduced by half, about 3 minutes. Strain the liquid into a large glass bowl and whisk in the egg yolks. Place the bowl over a pot of simmering water, ensuring the bowl does not touch the water in the pot, and whisk until light and fluffy.

**2** Spoon the white frothy layer off the top of the melted butter and discard. Slowly add the clarified butter to the egg mixture, whisking continuously until fully incorporated. Discard the milky solids left at the bottom of the clarified butter. The hollandaise should be light and fluffy. Season to taste. Remove from heat, but keep the bowl over the pot of water. Cover the surface of the hollandaise with cling film and set aside.

**3** For the Banting waffles, preheat the waffle iron. Squeeze all the excess liquid out of the grated baby marrows and mix them with the Parmesan and 2 eggs. Season with salt and pepper to taste. Pour the mixture into the waffle iron and cook until lightly golden and cooked through, about 5 minutes.

**4** Make 4 waffle stacks, top each stack with 2 poached eggs, drizzle over the hollandaise and serve.

## Chicken and syrup waffles

Serves 4 **EASY** 1 hr

### THE FLAVOUR COMBINATIONS

**4 skinless chicken breasts**  
**100g cake flour, sifted**  
**salt and freshly ground black pepper, to taste**  
**2 eggs, lightly whisked**  
**200g cornflake crumbs**  
**500ml (2 cups) cooking oil**

**4 large waffles (see basic waffle recipe on page 49)**  
**100ml golden syrup**  
**40g fresh wild rocket**  
**handful microherbs**  
**4 red salad onions, peeled and finely sliced**  
**4 lemon wedges**

### HOW TO DO IT

**1** Preheat the oven to 180°C.

**2** Cut the chicken breasts into 4 strips each. Season the flour and dip the chicken strips into the seasoned flour, then into the eggs and, finally, the cornflake crumbs. Set aside on paper towel while you repeat the process with the remaining chicken strips.

**3** Heat the oil in a deep-fryer or deep pot to 180°C, and deep-fry the chicken strips until golden brown and cooked through, about 5 minutes. Heat the waffles in the oven until warmed and crisp, 2 minutes. Top each waffle with crispy chicken strips, drizzle over the syrup and garnish with wild rocket, microherbs, salad onions and a lemon wedge to serve.

## Blueberry waffles with banana and maple bacon

Serves 6 **EASY** 1 hr

### THE FLAVOUR COMBINATIONS

**BLUEBERRY WAFFLES**  
**300g cake flour**  
**30ml (2 tbsp) sugar**  
**20ml (4 tsp) baking powder**  
**pinch salt**  
**2 eggs**  
**450ml full-cream milk**



Banting waffle stack with poached eggs and hollandaise



**125ml (½ cup) sunflower oil**  
**200g fresh blueberries**  
**butter/oil, to grease**  
**12 rashers streaky bacon**  
**100ml maple syrup**  
**3 bananas, sliced**  
**100g pecan nuts, toasted and roughly chopped**

#### HOW TO DO IT

1 Preheat the waffle iron and preheat the oven to 200°C on the grill setting.

- 2 Sift the dry ingredients into a large bowl. Whisk together the eggs, milk and oil and slowly add to the dry ingredients, whisking continuously, to form a smooth batter. Fold in the blueberries.
- 3 Grease the preheated waffle iron, pour in the batter and cook until golden brown, 3 – 5 minutes.
- 4 Place the bacon on a baking tray, drizzle over half of the maple syrup and place under the grill until golden and crisp, 5 – 10 minutes.
- 5 Top the waffles with the maple bacon,

slices of banana and pecan nuts. Drizzle over the remaining syrup and serve.

#### COOK'S TIP

Use frozen blueberries (defrosted) if fresh blueberries are not available.

## Eton mess waffles

Serves 6 **EASY** 1 hr

#### THE FLAVOUR COMBINATIONS BELGIAN WAFFLE BATTER

**300g cake flour**  
**30ml (2 tbsp) sugar**  
**20ml (4 tsp) baking powder**  
**pinch salt**  
**2 large eggs, separated**  
**450ml full-cream milk**  
**125ml (½ cup) sunflower oil**  
**butter/oil, to grease**

**200g frozen mixed berries**  
**50g castor sugar**  
**seeds of ½ vanilla pod (reserving the split pod)**  
**250ml (1 cup) whipping cream**  
**6 ready-made meringues**  
(visit [foodandhome.co.za](http://foodandhome.co.za) for a meringue recipe)  
icing sugar, to dust

#### HOW TO DO IT

- 1 Preheat the waffle iron.  
2 For the Belgian waffle batter, sift the dry ingredients into a large bowl. Whisk together the egg yolks, milk and oil and slowly add to the dry ingredients, whisking continuously, to form a smooth batter. Whisk the egg whites to stiff peaks and fold into the batter.  
3 Grease the preheated waffle iron, pour in the batter and cook until golden brown, 3 – 5 minutes.  
4 Place the frozen berries, sugar, vanilla seeds and pod in a small saucepan over medium heat. Bring to a gentle simmer, stirring continuously, until all the sugar has dissolved. Simmer for a further 5 – 10 minutes until the berries are cooked and the liquid is syrupy. Remove from heat, discard the pod and set aside to cool.  
5 Whip the cream to soft peaks and fold in a third of the berry syrup. Divide the cream over the waffles and crumble over the meringue. Top with the remaining berry compote and dust with icing sugar to serve.



## Poached pear, yoghurt and granadilla waffle stack

Serves 4 **EASY** 1 hr



### THE FLAVOUR COMBINATIONS

- 4 pears, peeled
- 500ml (2 cups) boiling water
- 3 Rooibos teabags
- 250g granulated sugar
- 1 cinnamon stick
- 4 large waffles (see basic waffle recipe on page 49), cut into quarters and toasted
- 400g plain double-thick yoghurt
- pulp of 2 granadillas
- 50g flaked almonds, toasted
- icing sugar, to dust



#### HOW TO DO IT

- 1 Place the pears, water, teabags, sugar and cinnamon stick in a medium-sized pot over medium heat. Bring to a gentle simmer, cover with baking paper and poach until the pears are cooked through but not too soft, about 15 minutes. Remove from heat and set aside to cool in the poaching liquid. Remove the pears from the liquid (discarding the liquid) and cut into quarters, removing the cores.
- 2 Make two waffle stacks and top with the yoghurt, granadilla pulp and poached pear quarters. Sprinkle over the toasted almonds and repeat with the remaining waffles. Dust with icing sugar to serve.



HYBRID HEAVEN

# IN THE mix

WE TOOK SOME GOLDEN OLDIES, MASHED THEM TOGETHER AND THE RESULTS WERE SIMPLY SCRUMPTIOUS! TURN THE PAGE TO SEE OUR FAVOURITE HYBRIDS FOR 2015, INCLUDING F&HE'S PROUDLY SOUTH AFRICAN CREATION

Recipes and styling by THULISA MARTINS Assisted by NOMVUSELELO MNCUBE Photographs by DYLAN SWART



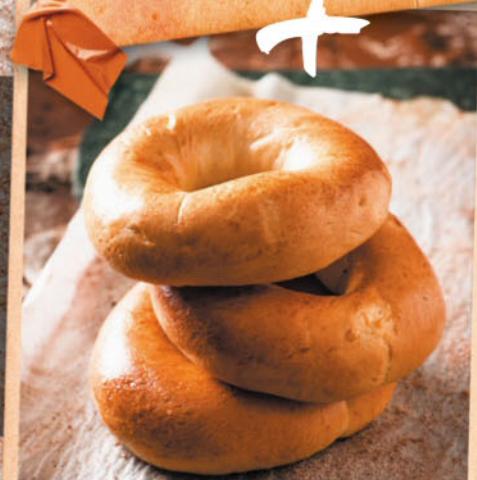
Waffle



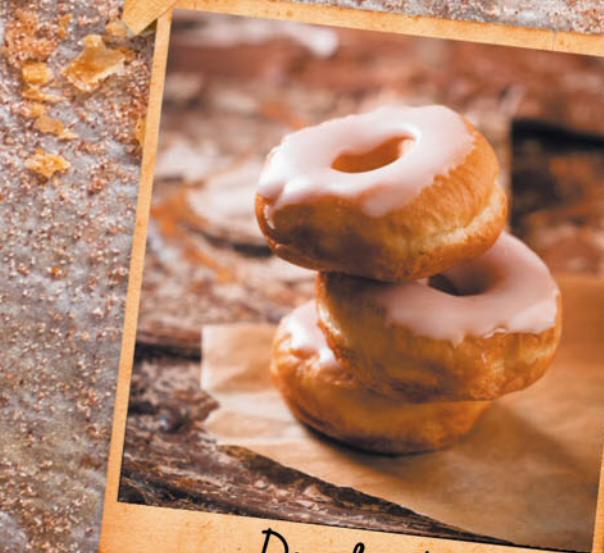
Baklava



Croissant  
+



Bagel



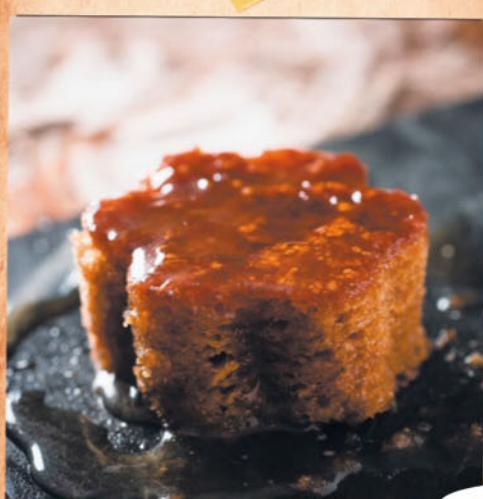
Doughnut



Apple & cherry pie



Chocolate cake



Malva pudding



Cookie



Melktert



Koeksister







## Chocolate-chip dokie

*We adore both doughnuts and cookies; so, we've developed our own 'doughnut cookies' – chocolate-chip cookie dough encased in doughnut batter, then deep-fried. Have them fresh out the fryer and enjoy still-gooey chocolate chips inside.*

Makes 12 **EASY** 30 mins + 1 hr 45 mins, to rest

### THE FLAVOUR COMBINATIONS

#### COOKIE DOUGH

- 120g softened butter
- 80ml (½ cup) golden syrup
- 240g self-raising flour
- pinch salt
- 5ml (1 tsp) bicarbonate of soda
- 70g castor sugar
- 100g chocolate chips

#### DOUGHNUT BATTER

- 150g cake flour, sifted + extra, to roll
- 5g dried yeast
- pinch salt
- 200g salted butter, cut into cubes
- 300ml cold water + extra, if needed
- 30ml (2 tbsp) cooking oil
- 1L sunflower oil, to deep-fry

whipped cream, to serve

small handful chocolate shavings, to garnish

#### HOW TO DO IT

- 1 For the cookie dough, melt the butter in a saucepan over medium heat. Add the syrup and stir until melted. Do not allow it to boil. Sift the dry ingredients – except the chocolate chips – into a bowl, add the hot syrup mixture and mix with a wooden spoon until combined. Set aside to cool before adding the chocolate chips. Cover with cling film and refrigerate to rest, 30 minutes. Remove from fridge, roll into golf ball-sized balls and refrigerate again, 15 minutes.
- 2 For the doughnut batter, mix together the flour, yeast and salt in a bowl. Make a well in the centre, add the butter, water and cooking oil, and mix with a wooden spoon until you have a smooth, thick batter. Cover and set aside to rest until it starts to bubble, 30 minutes – 1 hour.
- 3 Heat the sunflower oil in a deep-fryer or deep pot to 180°C. Remove the cookie-dough balls from the fridge, roll in the flour, then dip in the batter. Deep-fry the balls until golden brown. Remove with a slotted spoon and drain on paper towel. Serve the dokies with whipped cream and sprinkled with chocolate shavings.

## HYBRID HEAVEN



### Waklava

Waffles and baklava – a dream combo! Think golden waffles stacked with tons of gooey syrup and crunchy nuts Serves 6 – 8 **EASY** 30 mins

#### THE FLAVOUR COMBINATIONS

##### BATTER

250g cake flour  
5ml (1 tsp) baking powder  
5ml (1 tsp) salt  
5ml (1 tsp) brown sugar  
3 large eggs, lightly beaten  
300ml full-cream milk  
150g butter, melted

##### FILLING

100g unsalted pistachio nuts, some roughly chopped, others kept whole  
100g walnuts, roughly chopped  
45ml (3 tbsp) white granulated sugar  
5ml (1 tsp) ground cardamom

##### SYRUP

200g white granulated sugar  
200ml water  
15ml (1 tbsp) lemon juice  
15ml (1 tbsp) orange blossom water

100g butter, melted, to brush  
golden syrup, to drizzle

#### HOW TO DO IT

- 1 For the batter, combine the flour, baking powder, salt and brown sugar. Whisk in the remaining ingredients. Preheat the waffle maker and pour in 80ml ( $\frac{1}{3}$  cup) batter, or enough to coat the base, close and cook for 5 minutes. Repeat with the remaining batter.
- 2 For the filling, mix together the nuts, the 45ml (3 tbsp) white sugar and cardamom and set aside.
- 3 For the syrup, heat everything together in a saucepan over medium heat until syrupy, 15 – 20 minutes.
- 4 To assemble, stack the waffles, brushing each layer with the melted butter, as well as adding some filling and drizzling with golden syrup. Continue until all the waffles are used.

### Cinnamon bagoissant

A croissant and bagel in one, coated with a sweet and spiced cinnamon sugar Makes 6 **A LITTLE EFFORT** 1 hr + 3 hrs 30 mins, to rest

#### THE FLAVOUR COMBINATIONS

##### BAGOISSANT DOUGH

500g cake flour, sifted + extra, to dust

**5g instant dried yeast**  
**pinch salt**  
**60ml (¼ cup) white sugar**  
**300ml cold water**  
**200g unsalted butter, softened**

**CINNAMON AND ALMOND PASTE**

**100g brown sugar**  
**5ml (1 tsp) ground cinnamon**  
**50g ground almonds**  
**1 large egg, beaten**

**1 egg, beaten, to stick**

**CINNAMON SUGAR**

**50g castor sugar**  
**15ml (1 tbsp) ground cinnamon**

**HOW TO DO IT**

- 1 For the dough, mix together the dry ingredients in a free-standing blender using the dough-hook attachment. Add the water and blend until combined, 5 minutes. Place the dough, covered, in a warm place and leave to rest until double in size, 1 hour.
- 2 For the cinnamon and almond paste, mix everything together, using a hand whisk, and set aside until needed.
- 3 Meanwhile, place the unsalted butter in cling film, enclose and roll into a 10cm x 10cm square. Place in the fridge until cold yet still soft enough to roll, 15 minutes. Once the dough is ready, knead to its original size and then roll into a 16cm x 16cm square on a lightly dusted surface. Remove the butter from the cling film, place in the centre of the dough and fold the corner flaps over to cover the butter completely. Return to the fridge, 30 minutes. Remove from fridge and place on a lightly floured surface, the top-flap side facing towards your left hand, and roll the dough into a 30cm x 20cm shape, taking care to not let the butter seep out. Make a book fold (see 'Cook's tip'), cover with cling film and refrigerate for another 30 minutes. Remove the dough from the fridge and repeat the rolling process another 3 times, leaving it to rest for 30 minutes in between each repeat. There is no need to rest the dough after the third time.
- 4 Roll the dough out to 0,5cm thickness and cut into two 30cm x 10cm rectangles. Cut out 20cm x 15cm x 15cm triangles from the rectangles (you should get 3 triangles per rectangle). Spread a triangle with cinnamon and almond paste and roll the thick side up to form a croissant shape. Repeat with the leftover dough

to get an extra 2 triangles. Bring the 2 sharp corners together to form a round bagel shape and use the beaten egg to stick the ends together. Refrigerate for 30 minutes until slightly puffed up. Preheat the oven to 180°C and line a baking tray with baking paper.

- 5 Bring 1L water to a boil in a large saucepan and boil the bagoissants, 5 seconds each. Remove and place on the baking tray and bake in the oven

until golden brown, 30 – 40 minutes.

- 6 For the cinnamon sugar, combine the ingredients in a large bowl.

- 7 To serve, thoroughly coat the bagoissants with the cinnamon sugar as soon as they come out of the oven.

**COOK'S TIP**

To make a book fold, fold both ends towards the middle of the pastry and then fold again to resemble a closed book.

The bagoissants can be filled with a savoury filling – simply omit the cinnamon sugar.





## Apple and cherry pakie

*Apple and cherry pie and a chocolate cake makes up this beautiful pie cake*

Serves 6 EASY 1 hr 30 mins

### THE FLAVOUR COMBINATIONS

400g puff pastry, defrosted

#### APPLE AND CHERRY FILLING

- 4 Granny Smith apples
- 425g tinned pitted black cherries, drained
- 10ml (2 tsp) lemon juice
- 200g brown sugar

#### CAKE BATTER

- 1 free-range egg
- 50g castor sugar, sifted
- 100g cake flour, sifted
- 45ml (3 tbsp) cocoa powder
- 2.5ml (½ tsp) baking powder
- pinch salt
- 50ml vegetable oil
- 30ml (2 tbsp) buttermilk
- 2.5ml (½ tsp) vanilla essence

#### SYRUP

- 25g brown sugar
- 15g butter
- 30ml (2 tbsp) water

#### ICING

- 2 large egg whites
- 85g white granulated sugar
- 120g salted butter, cut into cubes
- 50g white chocolate

#### HOW TO DO IT

- 1 Preheat the oven to 200°C. Line a greased 19cm pie tin or springform

cake tin with the pastry, prick the base with a fork and blind-bake, 15 minutes. Remove the beans, return to the oven and bake until golden brown, 40 minutes. Leave the oven on, but reduce the temperature to 180°C.

2 For the filling, toss all of the ingredients together in a large bowl, transfer to a saucepan and simmer over medium heat, 20 minutes.

3 For the cake batter, beat the egg in a free-standing mixer until frothy. Gradually add the 50g castor sugar, 15ml (1 tbsp) at a time, beating until the mixture is creamy. In a separate bowl, mix together the flour, cocoa, baking powder and salt. Slowly add the oil and buttermilk to the egg mixture, alternating with the dry ingredients, while continuing to blend, until mixed through. Add the vanilla essence and blend for a final 5 minutes. Place in a greased 16cm baking tin and bake in the oven, 25 – 30 minutes.

4 For the syrup, heat together all of the ingredients in a saucepan over high heat until a syrupy consistency is reached, 10 minutes. When the cake comes out of the oven, prick a few holes with a toothpick and pour over the syrup, keeping aside 30ml (2 tbsp) syrup. Let the cake cool in the baking tin.

5 To layer the components, spread the pastry with the remaining 30ml (2 tbsp) syrup. First, place

the cake on the pastry layer, then carefully add the filling to the top of the cake. Refrigerate to rest, 20 minutes.

6 For the icing, place the egg whites and the 85g white sugar in a heatproof bowl – preferably glass – and put the bowl over a saucepan of simmering water (ensuring that the bowl does not touch the water). Whisk the egg mixture using a hand whisk until it reaches 65°C on a sugar thermometer. Remove from heat and beat with an electric mixer until the mixture is thick, fluffy and cool. Start adding the butter, a block at a time, and whisk until smooth – it might look a little separated, but just keep on whisking. Add the chocolate and beat until mixed through.

7 Remove the pakie from the fridge, top with the icing and serve.

## F&HE's malva-lrous melksister stack

We've come up with our own, not duo, but hybrid trio of our favourite South African desserts – malva pudding, melktert with a ginger twist, and koeksister. Did someone say, "Wow!"? Serves 6 – 8 **A LITTLE EFFORT** 2 hrs 30 mins + overnight, to refrigerate

### THE FLAVOUR COMBINATIONS

#### KOEKSISTER SYRUP

- 700g white sugar**
- 300ml water**

#### MALVA PUDDING SPONGE

- 140g treacle sugar**
- 2 large eggs**
- 30ml (2 tbsp) apricot jam**
- 30g butter, melted**
- 5ml (1 tsp) vinegar**
- 180ml (¾ cup) full-cream milk**
- 130g cake flour**
- 5ml (1 tsp) bicarbonate of soda**
- pinch salt**

#### MALVA PUDDING SAUCE

- 125ml (½ cup) fresh cream**
- 60ml (¼ cup) water**
- 100g treacle sugar**
- 10g butter**

#### KOEKSISTER LAYERS

- 560g cake flour, sifted**
- 10ml (2 tsp) baking powder**
- pinch salt**
- 30g butter**
- 1 large egg**
- 300ml full-cream milk**
- cooking oil, to deep-fry**

#### MELKTERT PASTRY

- 250g cake flour, sifted**
- 75g icing sugar, sifted**
- pinch salt**
- 150g butter, cut into cubes**
- 1 egg yolk**
- 30ml (2 tbsp) ice-cold water**

#### MELKTERT CUSTARD

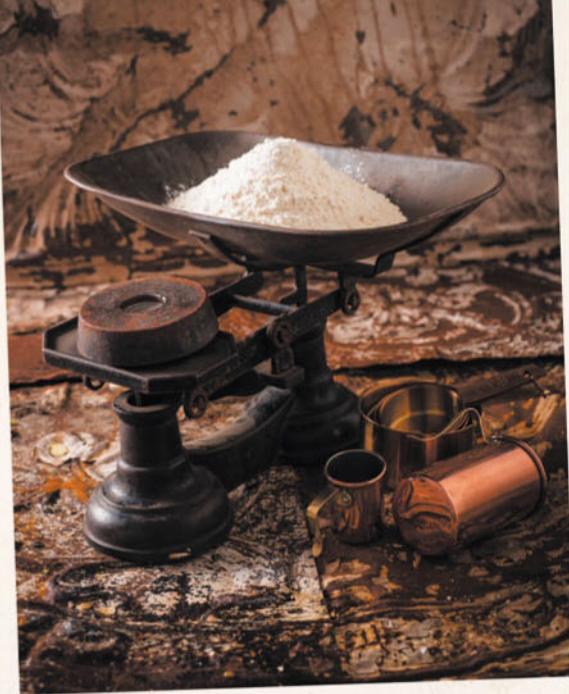
- 2 large eggs**
- 45ml (3 tbsp) cornflour**
- 625ml (2½ cups) milk**
- 10g butter**
- 1 x 250g tin condensed milk**
- 5ml (1 tsp) vanilla extract**
- 10ml (2 tsp) ground ginger**
- 5ml (1 tsp) ground cinnamon**

#### TO SERVE

- small handful fresh raspberries**
- small handful koeksisters**
- 50ml golden syrup**

#### HOW TO DO IT

- 1 For the koeksister syrup, heat the 700g white sugar and water together in a saucepan over medium heat and stir until the sugar has dissolved. Allow to simmer for 8 minutes. Remove from heat, cover and set aside to cool. Once cool, refrigerate overnight.
- 2 For the malva pudding sponge, preheat the oven to 180°C and grease two 19cm springform cake tins. Beat the 100g treacle sugar and eggs together until the sugar has dissolved. Add the jam and melted butter and beat to combine. Stir the vinegar into the 180ml (¾ cup) full-cream milk, pour into the egg mixture and stir through. Sift the 130g flour, the bicarbonate of soda and salt into a bowl and combine before adding to the wet ingredients. Whisk to form a smooth batter. Pour the batter into the prepared baking cake tins and bake in the oven, 25 – 35 minutes.
- 3 For the sauce, place all of the ingredients in a saucepan and heat gently over medium heat, stirring continuously, until the sugar has dissolved. When the puddings are ready, remove from oven, poke several holes in the surfaces and pour over the hot sauce, dividing it equally between the two puddings.
- 4 For the koeksister layers, mix together the 560g flour, the baking powder and salt, then rub the 30g butter into the flour mixture until it resembles breadcrumbs. Place the flour mixture in a free-standing blender. In a separate bowl, whisk together the egg and the 300ml full-cream milk. Add to the flour and blend using a dough-hook attachment until gluten is formed, 10 minutes. Let the dough rest for 20 minutes before rolling into a large 40cm x 19cm rectangle. Cut out two 18cm rounds.
- 5 Heat the cooking oil in a deep-fryer or deep pot to 180°C and deep-fry the rounds, one at a time, until golden brown, 5 minutes each. Remove the syrup from the fridge, place in a large bowl and immerse the bowl in a second one filled with ice-cold water. Once the round is fried, carefully dunk it in the syrup, covering it completely. Once soaked for at least 20 minutes, place on a cooling rack to drip-dry. Repeat with the other round.
- 6 For the melktert pastry, mix the 250g flour, the sugar and salt together. Add the 150g butter and, using your fingers, combine until the mixture resembles breadcrumbs. Add the egg yolk and mix together, then add enough water to make a soft dough. Cover and refrigerate to rest, 20 minutes. Preheat the oven to 180°C and grease two 19cm tart tins.
- 7 Roll the pastry out flat and as thinly as possible to fill the 19cm tart tins. Trim the edges with a knife, prick the bases with a fork and refrigerate, 10 minutes. Cut out two 20cm squares of baking paper and line the bases of the tarts before filling with dried beans. Place the tins on a baking tray and blind-bake until golden brown, 20 minutes. Remove the beans and baking paper.
- 8 For the melktert custard, whisk the eggs, cornflour and 250ml (1 cup) of the milk together. Heat the remaining milk in a saucepan over medium heat, 5 minutes. Add the 10g butter and condensed milk, stirring continuously, until melted. Remove from heat, add the egg mixture, vanilla extract, ginger and cinnamon, and whisk well. Return to the heat, whisking until the mixture thickens, about 10 minutes. Remove from heat when the mixture coats the back of a spoon. Divide evenly between the 2 pastry bases and refrigerate to set, 30 minutes.
- 10 Place the malva pudding layer on a platter, top with the melktert layer, followed by the koeksister, then layer the rest as desired. Garnish with raspberries and koeksisters and drizzle with golden syrup.





## WIN!

Make our F&HE hybrid  
trio, send us a photo,  
and you could win  
a hamper of five cookbooks.

Email [foodhome@caxton.co.za](mailto:foodhome@caxton.co.za)  
with 'F&HE hybrid'  
in the subject line  
by 15 May.

INTERNATIONAL CULTIVARS

# *Veni, vidi, vino*

By CLAIRE HU Food-pairing suggestions by MIGUEL CHAN



## PIONEERING WINEMAKERS ARE EXPERIMENTING WITH UNUSUAL CULTIVARS. AND A NEW GENERATION OF WINE DRINKERS ARE EAGER TO TRY THESE EXOTIC-SOUNDING VARIETIES...

**Y**ou may have noticed some strange-sounding cultivars on the wine shelves recently. The likes of sangiovese, nebbiolo, touriga nacional and pinot grigio are increasingly putting in an appearance among the ubiquitous bottles of cabernet sauvignon, shiraz and sauvignon blanc.

It's all because of a new trend by leading-edge winemakers who are experimenting with unusual (for South Africa) cultivars, especially from hot southern European regions such as Italy, Portugal, Spain and the South of France.

And a new generation of wine drinkers are itching to try these unfamiliar varieties, some of which are showing stunning success in parts of the Cape, especially cultivars like red grenache, barbera, nebbiolo, touriga francesa and nacional, mourvèdre, cinsaut and roussanne. Even experiments with Greek cultivars are ongoing.

Everyone from Nederburg to Boplaas is getting in on the act, planting cultivars indigenous to hot European regions. Morgenster, Steenberg and Durbanville Hills are just some of the latest farms to release new vintages made from Italian cultivars.

There's a strong argument that cultivars from warmer European areas are better suited to South Africa's climate and soil types than those from cooler parts like Bordeaux or the Loire Valley. Certainly, some of the most complex and alluring South African wines I've tasted in the past few years have been from these new-wave varieties.

The world's changing climate and water shortages means finding cultivars that are adapted to hotter countries will become more important. For example, drought-resistant Portuguese varieties are well-suited to Calitzdorp, which is officially classed as a desert area.

Winemakers like Margaux Nel, from Boplaas and The Fledge & Company, are seeing amazing results from Portuguese varietals like touriga francesa and touriga nacional from Calitzdorp. More commonly used in port, these grapes produce wines of incredible fruity intensity and colour, says Margaux. "These varieties make such lovely wines, I can't believe we haven't done it much sooner," she says. "Consumers are becoming much more open," she continues. "People are moving towards looking for new and interesting stuff. The new generation of wine drinkers want to try something different, rather than just another shiraz or cabernet sauvignon."

"According to our climate, these cultivars from hot areas should work much better. But it's not going to happen overnight, as we have much more experience in South Africa in dealing with northern European cultivars."

Razvan Macici is cellar master at Nederburg, which produces a grenache as well as its Ingenuity blend of Italian cultivars. Nederburg will also be bringing out a blend of tempranillo and graciano, similar to a Rioja from Spain, in the next few months, as well as a white blend of Rhône cultivars like roussanne, grenache blanc and viognier.

"I honestly believe these cultivars are very much at home in South Africa," says Razvan. "We have our own nursery and we see from our own experience how beautifully they can grow. The next step is to see them in the bottle. I'm excited – there is a place for these new varietals. They can offer something new to the consumer alongside the 'pillars' like cabernet sauvignon and shiraz."

I organised a tasting of the latest releases using some of these southern European cultivars. Miguel Chan, group sommelier of Tsogo Sun, was there to taste, as well as a group of 'normal' wine drinkers who were keen to try

something new. We tasted the wines alongside some Checkers Wines of The World, launched in 2012, to give customers the chance to try imported wines and experience varieties in style of the same cultivar from different parts of the globe. The favourite wines were those made from pinot grigio, nebbiolo, barbera, grenache and touriga francesa.

Miguel concluded: "The highlights of the tasting shows – touriga nacional and nebbiolo – were the star performers and these varieties adapt very well to the South African climate. I urge consumers to seek them out, as these are not your merlot or shiraz, but more exotic varieties that offer sheer drinking pleasure, and are food-friendly too. Italian-inspired red blends show lots of potential and, last but not least, the pinotage rosecco is a sexy offering, another confirmation of Swartland as a source of cutting-edge wines."

### Other cultivars fast gaining popularity in SA

**Grenache noir:** Producers like Neil Ellis are showing exceptional results with grenache. More common to Spain and Provence, it's often bursting with delicious red-fruit notes and thrives in a hot climate.

**Mourvèdre:** Normally used in Rhône blends with syrah and viognier, on its own, mourvèdre tends to produce tannic, spicy, earthy, aromatic wines with a gorgeously deep colour. It needs sun and water and grows well in the Swartland, with the Spice Route among farms making single-varietal mourvèdre.

**Cinsaut:** Half a century ago, this cultivar from the South of France used to be popular in SA and it has recently made a comeback. Heat tolerant, it makes attractively aromatic and fruity wines, and was first crossed with the pinot noir vine in SA in 1925 to make pinotage.

**Roussanne:** This has been used to make everyday wines in France, but is capable of greatness. It has an unusual aroma, often described as being like herbal tea bags, and, in hot climates, it can veer towards a honey and pear character. Rustenberg makes one of the best examples.

## INTERNATIONAL CULTIVARS

### SPARKLING

#### HUIS VAN CHEVALLERIE CIRCA ROSECCO NV (R187)

This rosé sparkler, made from Swartland pinotage, is a fun, local take on the Italian bubbly, Prosecco. With aromas of strawberries, salty caramel and rose, it is crisp and dry on the finish. Everyone loved the gorgeous pink hue.

**PAIR WITH...** Canapés of smoked salmon trout, prosciutto and Emmental.

### PINOT GRIGIO

#### DE GRENDEL PINOT GRIS 2013 (R87)

A really interesting wine from Durbanville – more Alsatian than Italian in style. Jasmine, salty sea, green plums and an earthy, minerally aroma. Some tasters even smelt fresh herbs. Zesty notes of grapefruit pith, green apple and white pepper.

**PAIR WITH...** Grilled artichokes.

### ILAURI TAVO

#### PINOT GRIGIO 2013 (CHECKERS WINES OF THE WORLD, R55)

Really good value for an Italian pinot grigio. Everyone loved this fun and fruity wine, with its notes of tutti-frutti candy, lemon sherbet, citrus, roses and Turkish delight.

**PAIR WITH...** Fresh tomato, buffalo mozzarella and basil pesto.

### DURBANVILLE HILLS

#### THE SCOUT 2014 (R55)

Pinot grigio with a splash of sauvignon blanc. Granadilla, grass and green-pepper bouquet – the sauvignon dominates. Simple and refreshing.

**PAIR WITH...** Drink ice cold by the pool!



**MONTEPULCIANO**  
**SENSI COLLEZIONE**  
**MONTEPULCIANO D'ABRUZZO**  
**2013 (CHECKERS WINES OF THE WORLD, R46)**

Made from the grape of the same name, this velvety glugger from the Abruzzo area of Italy was another instant hit. Not overly complex, but loads of juicy blueberries and raspberry character, with wafts of sweet tobacco.

**PAIR WITH...** Aubergine gratin with Parmigiano Reggiano.

**ROSÉ**

**MORGENSTER ITALIAN COLLECTION CARUSO 2014 (R85)**

Made from sangiovese grapes, this is a distinctive and delicate rosé. Raspberry and cherry aromas, ripe tomatoes and a dry finish.

**PAIR WITH...** Long, lazy Sunday lunches.

**SANGIOVESE**

**MORGENSTER ITALIAN COLLECTION TOSCA 2011 (R216)**

Hints of the sweet-and-sour character often found in this cultivar. Quite a powerful spice hit with a savoury, earthy finish. Needs to be decanted.

**PAIR WITH...** Linguine puttanesca and lots of South African extra virgin olive oil.

**RAKA SANGIOVESE 2012 (R81)**

Flowery and elegant. Nutmeg and aniseed. Generally popular and currently in its prime drinking time.

**PAIR WITH...** Roasted cherry-tomato bruschetta.



## INTERNATIONAL CULTIVARS

### BARBERA

#### ALTYDGEDACHT BARBERA

**2013 (R115)**

Mouth-watering aromas of cherries, redcurrants and Earl Grey tea. Lovely, zesty and spicy in the mouth with a roasted coffee-bean finish – a real crowd-pleaser!

**PAIR WITH...** *Nothing. It's perfect on its own, slightly chilled.*

#### IDIOM BARBERA 2010 (R185)

Richer, deeper and more mellow. There are plums, blackberries and oak on the nose with a spice-laden tannic backbone.

**PAIR WITH...** *Bistecca alla Fiorentina.*

### GRENACHE

#### NEDERBURG THE WINEMASTER'S RESERVE

**GRENACHE 2013 (R80)**

With an added dash of carignan (a type of red grape), this is a gorgeously light, zesty red with a hint of strawberry jam and a smooth texture.

**PAIR WITH...** *A chorizo appetiser.*

### BLENDS

#### NEDERBURG INGENUITY

**2011 (R265)**

This blend of sangiovese, barbera and nebbiolo is... as it says... ingenious. Mouth-watering, intense and brooding with a hit of mocha chocolate. Notes of blackberry, blueberry, licorice, black olives and a backbone of tannin. Wait a couple of years before opening.

**PAIR WITH...** *Slow-cooked pork belly.*



## INTERNATIONAL CULTIVARS

### NEBBIOLO

#### STEENBERG NEBBIOLO 2012 (R170)

Gorgeous, floral, plush take on the nebbiolo grape. Dried rose petals, cherries, earthy and juicy.

**PAIR WITH...** Risotto and bone marrow with Parmigiano shavings and white-truffle oil.

#### MORGENSTER ITALIAN COLLECTION NABUCCO 2011 (R321)

Needs a bit more time. A complex, layered wine with hints of rosemary, morello cherries, mulberries, strawberries and tobacco.

**PAIR WITH...** Grilled veal liver and braised chicory.

### TOURIGA NACIONAL

#### BOPLAAS TOURIGA NACIONAL FAMILY RESERVE 2012 (R150)

Aromatic, savoury, delicious, juicy and very different. Pure and profound with notes of plush dark fruits.

**PAIR WITH...** Cumin-scented pork sausage.

### TOURIGA FRANCESA

#### BOPLAAS TOURIGA FRANCESA 2012 (R150)

Fun and flirty. Whiffs of sweet violets, peaches, cherry bubblegum and fynbos will bring a smile to your face! Very fruity with some citrus acidity that makes it a great food-pairing wine.

**PAIR WITH...** Bacalhau in spicy tomato sauce.





# Balancing ACT

IN ANY KITCHEN, IT IS IMPERATIVE THAT FLAVOURS ARE BALANCED. FOR THESE FEMALE FOODIES, IT'S ALSO ABOUT BALANCING THEIR CAREERS WITH THEIR FAMILY LIVES. WE FIND OUT THEIR SECRET, AND SNATCH UP THEIR FAVOURITE FAMILY RECIPES...

**A**nelda Martin owns Isabella's Cake and Food Shop and lives with her kids – Felix, 12, Isabella, seven, and her stepson, Dreyer, 17 – in Waterkloof, Pretoria.

"I grew up on a farm in Zimbabwe, where my mom was constantly entertaining. I loved that I was surrounded by food," says Anelda. Although she originally studied fashion

design and owned a fashion-exhibition company, Anelda always wanted to own a coffee shop and opened Isabella's in 2008. "Back then, it was a small 50-seater coffee shop and I did everything – the cooking (of the basic food) and the front of house – although, I did get a chef in to help with more difficult things," she adds. The coffee shop got so busy – they were literally inundated with customers – that Anelda bought the space next door. A few months after that, she was asked if she wanted to franchise. "Franchising

happened completely by chance... and, after it happened once, I kept getting approached," she exclaims.

These days, there are 13 stores around the country and Anelda believes her secret to success is their way with customers. "When people come into Isabella's, they are treated like gold. They often tell me how much they love it here," she adds. But she also puts endless hours into her business. Currently, as the owner and creative director, Anelda visits each store every 10 days or so. As it was tricky to both



By LISA VAN DER  
KNAAP Recipe by  
ANELDA MARTIN  
Photographs by  
GRAEME WYLLIE

own a store and franchise, she sold her flagship store, but is in the process of buying it back so that she can "repackage the future of Isabella's".

Anelda has a firm hand on all areas of the business – even recipe development. "I like to try out new dishes in the comfort of my home so I can taste what works, then my team costs the dish and we take it from there," she says. Although there are dishes at Isabella's that people come back to, time and again – the carrot macadamia cake and their cheesecakes are always a firm favourite – Anelda is adamant that they revisit their menu every six months. "I believe it's important to take certain dishes off the menu, so that we can make space for new ones," she says. If her team thinks a new dish will work, it's immediately tried out on the 'Specials' board throughout the various stores.

"I'm able to juggle everything because I focus on my job in the morning and help my kids in the afternoon, with lifts from school and with homework. At the moment, I've been working full-time to get my company to where it needs to be, so hiring an au pair to help has been absolutely invaluable," admits Anelda. Outside of work, her family lives a very active lifestyle – whether it's going for a run or climbing a mountain.

"My passion is working at the front of house; it's something I'm really good at. I also love to visit new restaurants to see what new trends are coming in,"

Anelda says, and she believes her family is happy that she's so inspired by her work. "I particularly love that the kids can come to the restaurant to hang out whenever they want," she adds.

Owning numerous restaurants is definitely not for the faint-hearted, but hiring good people – particularly staff and management who are happy to work over the weekends, so that Anelda can spend time with her family – has made all the difference. "It means that I can go to the kids' schools to watch them play sport or simply spend time at home together, which is often in the kitchen. Felix is not very keen on cooking, but Isabella is going through a lovely stage and we really enjoy making salads together," she says. Concludes Anelda: "Whatever we're doing, quality time with my family is the most important thing to me."

[isabellas.co.za](http://isabellas.co.za)

## White fish ceviche with Melba toast

*As long as you've got fabulous fresh fish, this is a dream and delight to make and eat. It's also super-healthy*  
Serves 4 **EASY** 15 mins + 2 hrs, to chill

### THE FLAVOUR COMBINATIONS

#### LIME DRESSING

juice of 3 limes

5ml (1 tsp) sea salt

5ml (1 tsp) poppy seeds

freshly ground black pepper, to taste

5ml (1 tsp) pickled ginger, chopped  
1 – 2 fresh red chillies, seeded and finely chopped

#### CEVICHE

400g kob or sustainable firm white fish, skinned and filleted  
1 small red pepper, seeded and finely chopped  
2 spring onions, trimmed and finely chopped

**TO SERVE**  
8 sprigs fresh mint, leaves picked  
8 sprigs fresh coriander, leaves picked  
handful microherbs  
1 avocado, finely chopped  
sesame oil, to drizzle  
Melba toast

#### HOW TO DO IT

- For the lime dressing, mix together all of the ingredients in a bowl or old jam jar with a lid. Cover or pop the lid on and refrigerate to chill, about 2 hours.
- For the ceviche, slice up the fish fillets into 1cm cubes. Place the cubes in a bowl with the pepper and spring onions, cover and refrigerate until needed.
- Wash and dry the mint, coriander and microherbs and refrigerate until needed.
- Just before you are ready to serve, pour the lime dressing over the fish mixture, immediately mix it up and set aside to marinate, about 3 minutes (no longer). It's important that you don't leave the fish marinating for too long – you don't want the acids in the juices to cook the fish.
- To assemble the dish, throw most of your herb mixture and the chopped avocado into the bowl with the fish and toss to combine and coat – no more than 10 seconds. Divide the ceviche among 4 plates, spoon over a little of the dressing (you can discard the rest) and sprinkle with the remaining herbs. Drizzle over some good-quality sesame oil from a height and sprinkle with freshly ground black pepper to taste. Enjoy with Melba toast.



By TRACY GIELINK  
Recipe by CINA  
NEILSON Photographs  
by CHRISTOPHER  
LAURENZ

Gina Neilson met her husband, Graham, while waitressing at the highly regarded 9th Avenue Bistro in Durban. After marrying and travelling abroad, they eventually returned home and bought the very restaurant they met at, and Gina – with a qualification in international hotel management – now runs a slick front of house, while Graham heads up the kitchen. They welcomed Elle into their lives two years ago and, a year later, the pair opened a second daytime-only eatery, The Boiler Room Café.

"I work three nights a week at 9th and I go into both shops each day to check everything is in order. I find having two shops makes the admin more tedious, but I have so much help with Elle and the businesses that it makes it okay. The biggest challenge for me is the lack of sleep but, to be honest, in some

ways I think it's better being a mom in this industry. If I worked a corporate job, I'd leave her at a crèche at 7am and pick her up after 5pm. This way I get to see her during the day and some nights. However, it makes it difficult to keep a set routine.

"Having Elle has given me more balance; it puts things into perspective. If you have a hard day and come home to this little human who is so excited to see you, it makes you forget work. Before we had Elle, everything was

work. Now, I have a more balanced outlook," says Gina.

She does happily concede that having the restaurant cook Elle's baby food was a great perk. The kitchen would vacuum-seal and sous vide lamb and vegetables and she simply puréed the meals as needed.

Gina cooks and eats with Elle during the week and Graham cooks on his day off. "She loves to eat what we are eating, rather than what I have specially cooked for her. She's eaten rabbit,



duck, crab, ostrich and truffles, but I don't go out of my way to introduce her to unusual foods. I'd rather it becomes a habit of eating what we eat at home. I like her to help me pick herbs at home – to smell and taste mint or basil, lavender, rocket, etc. I want her to understand where food comes from.

"The most practical advice I can give to working moms is to live close to where you work and choose a school nearby. Having help is essential as well; you don't want to miss watching your child grow – it happens so quickly. The nice thing about working in this industry is you can spoil Granny and Grandpa with dinner or wine to say thanks for all the help!"

What keeps Gina sane? "Sundays! You need at least one day to be completely restaurant free and go to the beach," she says.

[9thavenuebistro.co.za](http://9thavenuebistro.co.za)

## Vegetable salad

Serves 4 **EASY** 45 mins

### THE FLAVOUR COMBINATIONS

**6 Brussels sprouts/2 baby Savoy cabbages (if Brussels sprouts not available), halved but cores kept intact**  
**1 medium-sized aubergine, sliced into 2cm-thick rounds**  
**2 medium carrots, sliced into 4 lengthways**  
**3 medium baby marrows, halved lengthways**  
**3 jam tomatoes, halved**  
**1 red onion, peeled and thinly sliced**  
**3 brown mushrooms, cooked and sliced**  
**extra virgin olive/avocado oil, to drizzle**  
**salt and freshly ground black pepper, to taste**  
**30ml (2 tbsp) balsamic vinegar**  
**1 x 200g bag mixed lettuce leaves**  
**100g almonds, salted, roasted in the oven and chopped**  
**1 x 100g log chevin/goat's cheese**  
**3 sprigs each of 3 fresh herbs of your choice (I like to include rocket, spring onion and basil from my garden)**

### HOW TO DO IT

1 Preheat the oven to 180°C and place a large baking tray inside to warm up.

Lay all of your sliced vegetables, cut side up, on a separate tray, drizzle liberally with the oil and season to taste.

2 Start with the vegetables that take longer to cook. Place the Brussels sprouts or Savoy cabbages on the baking tray and cook, 10 minutes. 3 Heat a griddle pan or prepare a braai until hot, and chargrill the remaining prepared vegetables – except the onions – until they have griddle marks on them. Add the aubergine and carrots to the baking tray and return to the oven, 10 minutes. Add the soft vegetables (baby marrow, tomatoes, onions and mushrooms) and continue to cook until the vegetables have softened (not too much), especially the aubergine, about 15 minutes. Remove from oven and splash with the balsamic vinegar.

4 To assemble the salad, spread your mixed lettuce out on a platter. Dish all the vegetables over the leaves, sprinkle over the toasted almonds and crumble over chunks of the chevin or goat's cheese. Top with a scattering of the herbs of your choice and serve.

### COOK'S TIP

If you are serving this salad as a side dish, it's great with a juicy rib-eye steak.





By TRACY GIELINK  
Recipe by MARCELLE  
ROBERTS Photographs by  
CHRISTOPHER LAURENZ

## Marcelle Roberts

**M**arcelle Roberts is chef at Café 1999, a Durban-based eatery she owns with her husband Sean. The pair also own a gastro pub, Unity, and their other loves are their boys, Matthew, who turns six this month, and Luke, three.

"When I fell pregnant with Matthew, we owned Café 1999 and Pizzetta in Glenwood. We sold the pizzeria as I was so afraid we wouldn't cope! When you own or work in a restaurant, you generally eat, sleep and breathe your job, so it was very difficult to even comprehend that there would be time for something else. And, then, there was switching over from late nights and late mornings to sleepless nights and very early mornings, which was a big adjustment."

Marcelle can be found in the Café 1999 kitchen at least two nights a week and is also intricately involved in Unity, from designing menus to constant quality control. "I had to establish a routine so that Matthew and Luke

also know when I am at home and when I am at work; it makes them feel a lot more secure. I've accepted the fact that I can't be everywhere and also learnt the fine art of delegating!

"I think it is important for them to know where Mom and Dad work, especially because we work at night. They come for lunch at least once a week before swimming lessons and early dinners on Saturday evenings also happen from time to time," she says.

"At home, we stick to healthy meals during the week – chicken, fish, vegetable and fresh fruit. I cook dinner for us every night and we all sit down at the table and eat before either myself or Sean heads off to work. On the weekend, we love to braai and the kids love making pizza from scratch," says Marcelle. Her foolproof recipe is the time-honoured staple, macaroni and cheese, which the boys also love the following day served with grilled sausages on the side.



Marcelle admits that being a female chef is more challenging: "The kitchen is a tough place where you work long and sometimes unpredictable hours. When I first started, it was a big wake-up call for me and I quickly learnt to stand my ground and also to stand up to arrogant male chefs. And, then, becoming a parent brings a whole other side into the picture. Feelings of guilt either way – not enough time with the kids, not enough time at work..."

"Remember that you will always do your best as a mom. The best part of my job is that I do not work nine to five. The break between lunch and dinner services means that quick trips to the beach or a quick bike ride in the middle of the week is entirely possible!" [cafe1999.co.za](http://cafe1999.co.za); [unitybar.co.za](http://unitybar.co.za)

## Fillet salad with roasted porcini mushrooms and focaccia

Serves 6 – 8 **EASY** 30 mins + 2 hrs, to marinate

### THE FLAVOUR COMBINATIONS MARINADE

**2 sprigs fresh rosemary  
salt and freshly ground black pepper, to taste  
120ml balsamic vinegar  
120ml olive oil**

**1,5kg fillet, trimmed**

### HOME-MADE FOCACCIA

**500g white bread flour/doppio '00' flour + extra, to dust  
5ml (1 tsp) fine sea salt  
1 x 10g sachet dried yeast  
7,5ml (1½ tsp) sugar  
30ml (2 tbsp) extra virgin olive oil  
325ml lukewarm water**

### FOCACCIA TOPPINGS

**fresh rosemary  
sea salt flakes  
sliced olives (for the grown-ups)  
mozzarella cheese and tomato (for the little ones)**

### ROASTED PORCINI MUSHROOMS

**600g porcini mushrooms, quartered  
salt and freshly ground black pepper, to taste  
olive oil, to drizzle  
6 garlic cloves  
500g cherry tomatoes, halved  
juice of 1 lemon  
handful fresh basil leaves**

### DRESSING

**120ml extra virgin olive oil  
100ml balsamic vinegar  
salt and freshly ground black pepper, to taste  
15ml (1 tbsp) honey**

### SALAD

**rocket leaves  
Parmesan shavings  
red onion, peeled and thinly sliced  
sun-dried tomatoes, sliced**

### HOW TO DO IT

- 1 For the marinade, blend together all of the ingredients and pour over the fillet. Refrigerate to marinate, at least 2 hours.
- 2 For the focaccia, sift the flour and salt onto a clean work surface and make a well in the middle. In a jug, mix together the yeast, sugar, olive oil and water and leave to stand for a few minutes. Pour into the well. Using a fork, bring the flour in gradually from the sides and swirl it into the liquid. Keep mixing, drawing larger amounts of flour in and, when it all starts to come together, work the remaining flour in with your clean, flour-dusted hands. Knead until you have a smooth, springy dough, about 10 minutes.
- 3 Place the ball of dough in a large flour-dusted bowl and flour the top of it. Cover the bowl with a damp cloth and put in a warm place until it doubles in size, about 1 hour. Preheat the oven to 250°C.
- 4 Place the dough on a flour-dusted surface and knock back (knead to push out the air). You can either use it immediately, or keep it, wrapped in cling film, in the fridge (or freezer) until required. If using straight away, divide the dough up into as many little balls as you wish to make pizzas/mini focaccias – this amount of dough is enough to

make 6 – 8 medium-sized pizzas, or roll the dough out into any shape you like and top with the desired toppings. Leave to prove for a few minutes before baking in the oven until crispy and golden, 10 – 12 minutes, depending on the thickness of the base.

5 For the roasted mushrooms, preheat the oven to 200°C. Place the mushrooms on a roasting tray, season to taste and drizzle with the olive oil. Add the whole garlic cloves and cherry tomatoes and toss together. Roast in the hot oven, 8 – 10 minutes. Remove from oven, squeeze over the lemon juice and finish with a scattering of fresh basil.

6 Heat your braai (we use a Weber) to a medium-high temperature and grill the marinated fillet, 10 – 15 minutes. Alternatively, brown the fillet on all sides in a hot pan or skillet and finish in a 200°C oven until cooked to your liking. Remove from heat and set aside to rest in a warm place, at least 8 – 10 minutes, before slicing.

7 For the dressing, whisk all of the ingredients together.

8 Cut the fillet into thin slices and arrange on a platter. Scatter with the rocket leaves, Parmesan shavings, red onion slices and sun-dried tomatoes. Drizzle with the dressing. Serve the fillet salad with a side of roasted porcini mushrooms and focaccia bread.





By MALU LAMBERT Recipe by DEBBIE McLAUGHLIN Photographs by KARL ROGERS

## Debbie McLaughlin

**I** grew up in a very foodie household," says Debbie McLaughlin. "My mom was a lecturer at Silwood Kitchen. We had cake and tea every day at 4pm. The dinner table was also always set with candles – I thought that was how everyone ate!"

Debbie runs her hand through her short, blonde hair. It's just before lunch service at Hilda's Kitchen on Groote Post Wine Estate in Darling, so she's wearing the prerequisite apron. This is no ordinary restaurant. First off, it's housed in a 300-year-old manor house, which is exquisitely decorated with antiques, both household and farming: blue and white china, gleaming oak and brass, and a sheltered courtyard set up for

graceful dining. Then, it was named for the legendary Hildagonda (Hilda) Duckitt, one of the first food writers in the Cape. Her cookbooks are in a display case in the restaurant. And – cue goosebumps – Debbie says she's caught a glimpse of Hilda walking past the kitchen a few times.

Debbie always wanted to be a chef. And, a mom. Two callings that aren't necessarily harmonious. After meeting her husband, Shaun, the couple had two children in rapid succession – a girl, Jo, 17, and a boy, Liam, 16.

At the time, the McLaughlins were living in Cape Town. How did she do it? "With a lot of support. Shaun is one of those modern husbands – he gets stuck in with everything. We had to be really organised – our kids were in a routine from the day they were born."



On a whim the family moved to Darling, having fallen in love with a Cape Dutch guest house. Shaun promptly named it Trinity. "After the three most important people in his life," says Debbie. "Luckily, I'm one of them."

Moving to the country, though, posed a schooling problem. Not wanting the children to go to boarding school – as chefs work on weekends – they decided to home school Liam, while Jo goes to school about 40 minutes away, for which, thankfully, they have a lift club.

What do her kids think of her vocation? "Well, my son thinks I'm a fairly good cook. And, we call our

daughter 'the food cop' – she's a vegetarian and reads every label. I've taken to eating chocolates in the car!" Debbie laughs. "The most important thing is balance. We make a point of sitting around the dinner table and catching up with our kids. It's essential to us to have good communication."

The family loves going to restaurants together. Jo, her mother tells me, was already eating sushi at 18 months old.

Hilda's Kitchen is open from Wednesday to Sunday, so, Debbie says with a grin: "We have our Sunday lunch on a Monday."

[grootepost.co.za](http://grootepost.co.za)

## Cheesy mushroom lasagne

*This recipe is adapted from Valli Little's Delicious. Love to Cook. We source mushrooms from Kotie van Tonder, a local farmer who cultivates a selection, including portabellini, pink oyster and black field mushrooms, in a disused airport hangar just outside Darling. Serves 8 A LITTLE EFFORT 1 hr 15 mins*

### THE FLAVOUR COMBINATIONS MUSHROOM FILLING

**60ml (¼ cup) olive oil**  
**1 large onion, peeled and sliced**  
**1 bay leaf**  
**6 sprigs fresh thyme**  
**500g mushrooms**  
**sea salt and freshly ground black pepper, to taste**  
**500ml (2 cups) home-made/store-bought tomato passata**

### CHEESE SAUCE

**35g butter**  
**40g cake flour**  
**750ml (3 cups) milk**  
**1,25ml (¼ tsp) ground nutmeg**  
**250g Taleggio cheese, rind removed (and discarded) and cut into small blocks**

**300g oven ready lasagne sheets**  
**200g mozzarella cheese, sliced**  
**25g Parmesan, grated**

### HOW TO DO IT

**1** For the mushroom filling, heat the olive oil in a large frying pan over

medium heat. Add the onion and sauté until soft, 5 minutes. Add the bay leaf, thyme and mushrooms and cook until the mushrooms are soft, 5 minutes. Season to taste, add the tomato sauce and cook for a further 5 minutes until thick. Preheat the oven to 180°C.

**2** For the cheese sauce, melt half of the butter in a saucepan over low heat. Add the flour and cook, stirring, 3 minutes. Whisking constantly, add the milk and cook for a further 5 minutes until thickened. Stir in the nutmeg, season to taste and add the Taleggio, whisking until melted.

**3** Grease a baking dish and cover the base with lasagne sheets. Add half of the mushroom filling and evenly spread out, then top with half of the mozzarella. Repeat the process, finishing with a layer of lasagne sheets. Pour over the cheese sauce. Cover the dish with a sheet of baking paper, then foil, and bake for 30 minutes. Remove the foil and baking paper and sprinkle over the Parmesan before returning to the oven and baking until golden, 15 minutes. Serve hot.

### COOK'S TIP

This pairs perfectly with a bottle of Groot Post Pinot Noir!





## Sarah Graham



By LISA VAN DER KNAAP  
Recipe by SARAH GRAHAM  
Photographs by CURTIS GALLON

**S**arah Graham, creator of the food blog, *A Foodie Lives Here*, lives in Bryanston, Joburg, with her husband, Rob, and their daughters, Sophie, three, and Isla, one.

"I've always had a love of food and, when a friend showed me an American food blog in 2010, I was entranced," exclaims Sarah. All she'd wanted to do was write about food and document her recipes, so Sarah started her own blog, later that year, where the food focus is "simple yet delicious". Soon afterwards, Sarah yearned to turn her blog into a book, so sent a proposal to Random House Struik and they loved the idea. She was working half

days, then testing eight recipes for her cookbook, *Bitten*, every afternoon; all while she was pregnant. When another friend, who works in TV production, suggested they shoot a pilot for a TV series, Sarah thought: "Let's do it!" From there, the entire season was sold to both local and international channels. Now, understandably, she focuses on her blog full-time.

"Shooting the TV series – 12 hours a day, six days a week, for six weeks – was the hardest thing I've ever done," admits Sarah. "We filmed in Cape Town and my mom and my domestic worker, Precious, were also there. They were lifesavers as Sophie was only one at the time," she says. Luckily, everything Sarah does on a day-to-day basis (writing, recipe development, photography and styling) is done from home.

"Sticking to a routine is imperative – and is the only way I can juggle my food life with my family life. I work in the mornings, when Sophie is at school and Isla is at a play date with friends. The afternoons are dedicated to my kids and I work in the evenings if I have to," explains Sarah. Rob and her parents are delighted about her foodie career and have been extremely supportive – and Sophie knows there's always time to make blueberry pancakes with Mom. When she's not working, Sarah and Rob also love to throw dinner parties.

"I've put hundreds of hours into my books and my blog; I'm happy to do it because I'm completely driven by something I love. I've always felt that I was contributing to something amazing, so didn't feel like I was 'stealing' time away from my family,"

explains Sarah. But, having a support structure has been vital. "Dedicating specific times to work, plus working from home, have also helped me get the balance right," she concludes. Sarah's new book *Home: Food From My Kitchen* is out in July this year. [afoodieliveshere.co.za](http://afoodieliveshere.co.za)

## Slow-cooked chicken with chorizo and cider and Parmesan dumplings

Serves 4 – 6 **EASY** 1 hr 15 mins

### THE FLAVOUR COMBINATIONS

**8 chicken thighs, skin on salt and freshly ground black pepper, to taste**  
**5ml (1 tsp) dried thyme/4 – 6 sprigs fresh thyme**  
**30ml (2 tbsp) olive oil**  
**15g butter**  
**3 medium-sized red onions, peeled and roughly chopped into sixths**  
**1 x 225g stick chorizo, sliced**

**2 garlic cloves, peeled and chopped**

**1 fresh red chilli, seeded and chopped/5ml (1 tsp) dried chilli flakes**

**300ml cider**

### PARMESAN AND BLACK PEPPER DUMPLINGS

**100g self-raising flour + extra, if needed**

**50g butter, softened**

**50g Parmesan/hard cheese of your choice, grated**

**30ml – 45ml (2 – 3 tbsp) natural yoghurt**

**5ml (1 tsp) fresh rosemary, chopped**  
**pinch salt and freshly ground black pepper, to taste**

**30ml (2 tbsp) fresh parsley, chopped, to serve**

### HOW TO DO IT

**1** Preheat the oven to 180°C. Season the chicken thighs and scatter with the dried or fresh thyme.

**2** Heat the olive oil and butter in

a good-quality ovenproof pot over high heat and brown the chicken, about 3 minutes on each side. Remove the chicken from the pot and set aside.

**3** Reduce the heat to medium, add the onions and chorizo to the pot and fry, stirring often, about 3 minutes. Add the garlic and chilli and fry for a further 2 minutes. Remove the pot from the heat, return the chicken to the pot and pour in the cider. Put the lid on and place in the preheated oven, 40 minutes.

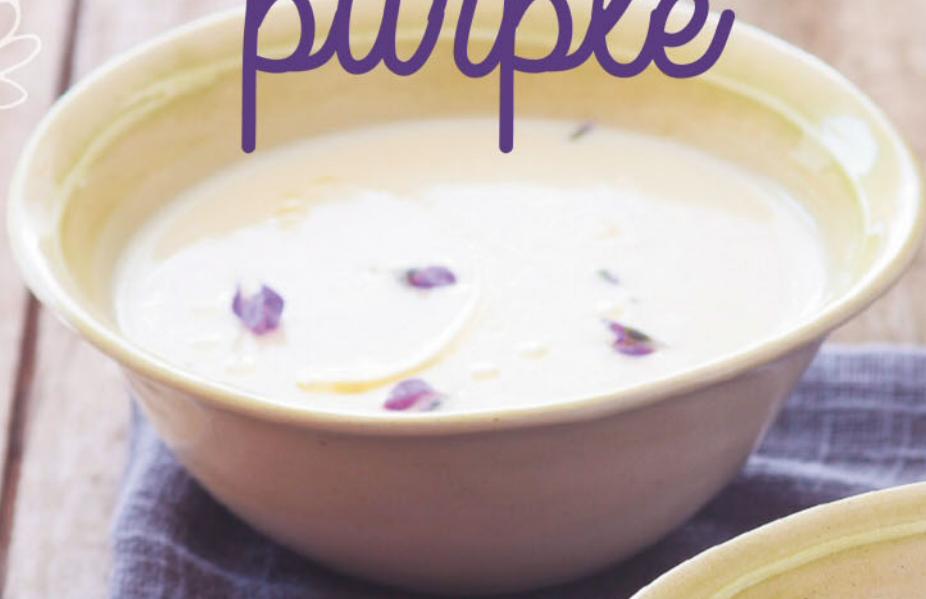
**4** For the dumplings, combine all of the ingredients in a mixing bowl, using your hands, a wooden spoon or a food processor, until a soft dough is formed. If the dough is too wet, add a little more flour – it should not stick to your hands excessively. Roll the dough into palm-sized balls and set aside.

**5** Remove the pot from the oven, place the dumplings on top of the chicken mixture, return to the oven and bake without the lid until the dumplings are puffy and golden, about 10 minutes.

**6** Serve hot sprinkled with parsley.



# The colour purple



Cauliflower and lavender soup (recipe on page 83)



## LAVENDER LOVE



### Lavender and rosemary popcorn

Serves 4 **EASY** 15 mins

#### THE FLAVOUR COMBINATIONS

50ml cooking oil  
200g popcorn kernels  
10 sprigs fresh lavender + extra, to garnish  
10 sprigs fresh rosemary + extra, to garnish  
15g smoked salt

#### HOW TO DO IT

- 1 Heat the oil in a large pot over medium heat. Add the popcorn kernels, cover and cook until there are 3-second intervals between the popping popcorn, about 5 minutes. Remove from heat and tip the popcorn into a large bowl.
- 2 Place the lavender, rosemary and smoked salt in a pestle and mortar and grind to a fine rub. Sprinkle over the popcorn and give it a good toss. Garnish with extra sprigs of lavender and rosemary and serve immediately.



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Recipes and styling by SARAH DALL Photographs by HENK HATTINGH



## LAVENDER LOVE



### Cauliflower and lavender soup

Serves 4 **EASY** 30 mins + overnight, to infuse

#### THE FLAVOUR COMBINATIONS

**10 fresh lavender heads + extra, to garnish**  
**125ml (½ cup) extra virgin olive oil**  
**15g butter**  
**1 onion, peeled and finely chopped**  
**1 cauliflower head**  
**250ml (1 cup) fresh cream**  
**250ml (1 cup) vegetable stock**  
**125ml (½ cup) milk (optional)**  
**salt and freshly ground black pepper, to taste**

#### HOW TO DO IT

- 1 Make your own lavender oil by placing the lavender heads in the olive oil. Set aside to infuse overnight.
- 2 Heat the butter in a medium-sized pot over medium heat and sauté the onion until soft and translucent. Cut the cauliflower into small chunks and

add to the onion. Pour in the cream and stock and simmer until the cauliflower is soft, 15 minutes.

- 3 Transfer the cauliflower and liquid to a blender and blitz until smooth. Strain the mixture if there are any lumps. Return the soup to the pot and heat over medium heat. Thin with a little milk, if desired, and season to taste.
- 4 Serve the soup drizzled with the lavender oil and garnished with a sprinkling of lavender heads.

### Lavender lemonade

Makes 1L (serves 4) **EASY** 45 mins

#### THE FLAVOUR COMBINATIONS

**110g white granulated sugar**  
**250ml (1 cup) water**  
**handful fresh lavender heads**  
**juice of 4 medium lemons**  
**juice of 1 orange**  
**750ml (3 cups) cold water**

**ice, to serve**  
**lemon slices, to garnish**

#### HOW TO DO IT

- 1 Place the sugar and water in a small pot over low heat and stir continuously until the sugar has dissolved. Add the lavender heads and simmer, 5 minutes. Remove from heat and allow to cool.
- 2 Strain the lavender syrup into a large bowl, discarding the lavender heads. Add the lemon and orange juices and water and mix well. Pour into a pitcher with ice, garnish with a few slices of lemon and serve.

### Lavender and plum-glazed pork belly

Serves 6 **EASY** 1 hr 45 mins + 30 mins, to refrigerate

#### THE FLAVOUR COMBINATIONS

**15ml (1 tbsp) sea salt**  
**10 fresh lavender heads**  
**5 sprigs fresh rosemary, stalks removed**  
**1,5kg pork belly, bone in**  
**350ml white wine**  
**4 plums, halved and pips removed**

## LAVENDER LOVE

**50ml olive oil  
salt and freshly ground black pepper, to taste**

**handful fresh sage leaves, to garnish**

### HOW TO DO IT

- 1 Place the salt, lavender heads and rosemary in a pestle and mortar and grind to a coarse rub. Pat the pork belly dry, score the skin, sprinkle over the seasoned salt and refrigerate, 30 minutes. Preheat the oven to 200°C.
- 2 Place the pork belly in a deep-sided baking dish and pour over the wine. Cook in the oven, 30 minutes, then reduce the heat to 160°C and cook for a further hour.
- 3 Place the plums on a baking tray, drizzle over the olive oil and season with salt and pepper. In the pork's final 30 minutes, place the plums in the oven and roast, 30 minutes. Remove the pork and plums from the oven. Turn the heat up to 230°C and set to the grill function.
- 4 Place the pork under the grill to allow the pork fat to crackle – leave the oven door open while doing this and keep a watchful eye on it; it should take about 10 minutes. Remove from oven and slice. Serve with the roasted plums, drizzled plum juice and sage leaves scattered over to garnish.

## Lavender Pavlova

Serves 8 **EASY** 2 hrs

### THE FLAVOUR COMBINATIONS

**150g (about 5) extra-large egg whites  
pinch cream of tartar  
300g castor sugar  
seeds of 1 vanilla pod  
6 fresh lavender heads, buds picked  
250ml (1 cup) whipping cream  
15g icing sugar  
400g fresh figs**

### HOW TO DO IT

- 1 Preheat the oven to 110°C and line a 23cm baking tray with foil.
- 2 Whisk the egg whites until frothy, add the cream of tartar and continue to whisk to stiff peaks. Add 15ml (1 tbsp) castor sugar at a time, while whisking continuously, until all of the sugar has been added. You should have a thick and glossy meringue. Fold in the vanilla

seeds and half of the lavender buds.

- 3 Spoon the Pavlova onto the prepared tray and, using a spatula, shape into a round nest. Sprinkle over the remaining lavender buds and bake in the preheated oven until the meringue nest is crisp on the outside and peels

easily off the foil, about 1 hour and 30 minutes. Turn off the oven and leave to cool inside.

- 4 Whip the cream to stiff peaks, fold in the icing sugar and spoon into the centre of the meringue nest. Top with fresh figs to serve.





★★★★★  
*Lavender Farm*  
Guest House



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# A ~~Salad~~ for all seasons

HAILING FROM THE NORTH OF ENGLAND, CHARMING CHEF MATT WILKINSON TRAINED UNDER MICHELIN-STARRED CHEF MARTIN WISHART BEFORE EMIGRATING TO AUSTRALIA, WHERE HE NOW LIVES WITH HIS WIFE, KIDS AND POOCH. CHEF AND CO-OWNER OF POPULAR MELBOURNE EATERY, POPE JOAN, MATT BRINGS SALADS TO LIFE IN HIS SECOND COOKBOOK, A SEASONAL GUIDE TO *MR WILKINSON'S SIMPLY DRESSED SALADS*



Recipes by MATT WILKINSON  
Photographs by JACQUI MELVILLE



## Salad of beans with honey dressing & smoked almonds

*Over the past few years I have had more success in growing beans at home. I now mix it up a little bit, growing bush varieties of beans and some that need a trellis. I'm also addicted to smoked almonds – a great little snack just on their own.*

Serves 4 sharing

### INGREDIENTS

300 g (10½ oz) green beans, topped and tailed

300 g (10½ oz) butterbeans, topped and tailed

300 g (10½ oz) flat green beans (also known as Spanish flat beans or Roman beans), topped and tailed

1 small handful flat-leaf (Italian) parsley, washed and torn

1 small handful mint, washed and roughly chopped

2 French shallots, thinly sliced

### HONEY DRESSING

90 g (3 oz/¼ cup) honey

50 g (1¾ oz/½ cup) smoked almonds (sold in health food shops and Middle Eastern delis), chopped

100 ml (3½ fl oz) olive oil

50 ml (1¾ fl oz) sherry vinegar

### METHOD

Bring a large pot of water to the boil. Add all the beans and cook for 2–3 minutes. Test to see if they're cooked by scooping one out of the water and biting into it – you're looking for a little

crunch to still be there. Once done, drain the beans in a colander and refresh under cold water until cool. Set aside.

To make the dressing, add the honey and almonds to a little pot and warm gently over a low heat. Add the olive oil and vinegar and take off the heat.

Place the beans in a mixing bowl, add the herbs and shallots, then add the dressing. Mix together, then serve on your desired plates or in shallow bowls.



## Salad of tofu, snake beans & crispy shallot with black bean vinaigrette

The black bean vinaigrette is a version from my old mate Jake Nicolson, and has become a regular at home and in dishes for work. This dish goes brilliantly with some simple Chinese-style roasted beef, duck or chicken. Serves 2, or 4 sharing

### INGREDIENTS

- 400 g (14 oz) snake (yard-long) beans
- 300 g (10½ oz) organic silken tofu, cut into 8 pieces
- 1 small handful coriander (cilantro), leaves picked and washed

1 tablespoon crispy fried Asian shallots (from a jar)

### BLACK BEAN VINAIGRETTE

100 g (3½ oz) fermented black beans, soaked overnight in the fridge in several changes of water (or you can use 3 tablespoons black bean paste, from a jar)  
 1 small long red chilli, seeded and finely chopped  
 3 French shallots, finely diced  
 50 g (1¾ oz) knob of fresh ginger, peeled and finely grated  
 300 ml (10 fl oz) canola oil (non GM)  
 150 ml (5 fl oz) light soy sauce  
 40 ml (1¼ fl oz) black rice vinegar, or rice vinegar

### METHOD

To make the vinaigrette, rinse the soaked black beans, if you're using fermented ones. Place in a bowl and use a fork to smash them up a little, to a paste-like consistency. Add the chilli, shallot and ginger, then carefully fold in the canola oil, soy sauce and vinegar. Taste for a nice salt and acid balance and adjust to your liking.

Bring a large pot of water to the boil. Cut the snake beans into thirds, then add to the pot and boil for 3 minutes, or until they're still a little crisp, but cooked.

Drain the hot beans and place in a mixing bowl. Add half the tofu and coriander, and enough dressing to coat (roughly 3 tablespoons).

Gently toss, not breaking up the tofu too much, then place in a serving dish. Add the remaining tofu. Dress with a little more vinaigrette and the rest of the coriander. Serve sprinkled with the fried shallots.

**NOTE:** Any left-over vinaigrette will keep in an airtight jar in the fridge for yonks.

## Fried green tomatoes with fig anchovyade

An exquisite way to use two defining late-summer/early-autumn fruits. In the dark of night, you may just catch me walking the back streets of Melbourne, 'lending' figs and other fruits from overhanging trees... Green tomatoes are simply delicious fried like this – a great way to use up those never-ripening gems. This dish also goes well with baked ham wedges, or some pan-fried calamari. Serves 4

### INGREDIENTS

3 large green tomatoes  
 150 g (5½ oz/1 cup) quick-cook polenta  
 2 teaspoons icing (confectioners') sugar, sifted  
 ½ teaspoon finely ground black pepper  
 200 ml (7 fl oz) olive oil  
 1 small handful small-leaf green mustard cress or mizuna leaves, washed

**FIG ANCHOÏADE**

- 3 really ripe figs, chopped**
- 1 piquillo pepper, or preserved or roasted capsicum (bell pepper), chopped**
- 4 anchovy fillets, chopped**
- 2 garlic cloves, chopped**
- 12 blanched almonds, chopped**
- 1 teaspoon fennel seeds**
- 150 ml (5 fl oz) olive oil**
- juice of ½ lemon**
- 1 small handful flat-leaf (Italian) parsley leaves, washed and chopped**
- 2 teaspoons orange flower water**

**METHOD**

Start by making the fig anchoïade. Place the figs, piquillo pepper, anchovies, garlic, almonds, fennel seeds and olive oil in a blender and blitz until smooth. Scoop the mixture into a bowl, then slowly fold in the lemon juice, parsley and orange flower water. Season with salt flakes and freshly ground black pepper and set aside.

Slice the tops and bottoms off the tomatoes, then cut each tomato into four slices. Lightly sprinkle with salt and leave to sit for 3 minutes. (I salt the tomatoes to draw out a little moisture, and to soften them.) Place the slices on a tea towel (dish towel) and pat dry.

Mix together the polenta, icing sugar and black pepper. Pat each tomato slice into the polenta mixture, coating them on each side. Place on a plate, ready to fry.

Preheat the oven to 190°C (375°F). Heat a large frying pan over a medium heat and add half the olive oil (we'll do the frying in a few stages). Without crowding the pan too much, and adding more oil as needed, fry the tomatoes on both sides for a couple of minutes, or until golden, placing each batch on a metal tray lined with paper towel, and heating through in the oven for 4 minutes until cooked.

Once out of the oven, arrange the tomato slices on a plate. Spoon the fig anchoïade over and sprinkle with the mustard leaves. Serve warm.



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**NOTE:**

You can use your fig anchoïade to dress up many different dishes.

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**Salad of witlof, grapes, walnuts & quail**

A good friend of mine, Riccardo Momesso, took me quail shooting once. Afterwards we sat on this hill overlooking the country, eating grilled just-shot quail. An amazing surreal day, but it hit home just how great simple food can be. This is one of those dishes. Serves 2 as a main, or 4 as a starter

**INGREDIENTS**

- 4 jumbo or extra-large quails, butterflied**

**150 ml (5 fl oz) canola oil (non GM)**

- 75 ml (2½ fl oz) verjuice**
- 1 teaspoon salt flakes**
- ½ teaspoon ground cumin**
- ½ teaspoon ground sumac**
- 2 tablespoons walnuts**
- 1 white/yellow witlof (Belgian endive/chicory), leaves separated and washed**
- 1 small handful watercress, leaves picked and washed**
- 20 seedless grapes, cut in half**
- juice of ½ lemon**
- 75 ml (2½ fl oz) olive oil**



### METHOD

Marinate the quails in the canola oil, verjuice, salt and spices for at least 30 minutes – it's really good if you can marinate the quails one or two days before.

When you're ready to cook, heat a chargrill or barbecue to high. Toast

the walnuts in a small cast-iron pan on the chargrill or barbecue plate for 3–4 minutes, or until fragrant. Set aside.

Cook the quails, bone side down, for 7–9 minutes, depending on their size. Flip them over onto the skin side, then turn the heat down to medium. Cook for 5 minutes, then the quails should be ready. Check by

piercing the thickest part of the thigh with a skewer: the juices should run clear.

In a mixing bowl, toss the witlof, watercress, grapes, lemon juice and olive oil with some salt flakes and freshly ground black pepper.

Once the quails are cooked, lay them on your serving plates and pile the salad alongside, scattering the walnuts over to finish.

### Broad bean, mint, parsley & pomegranate fattoush

*I have this love affair with Arabic flavours; it all started when I moved to Melbourne. There is something magical about the flavours, texture, ease and yet complexity to the dishes – none more so than a fattoush, seasonally changing to whatever is around. Serves 2–4 sharing*

### INGREDIENTS

- 1 large pitta bread
- olive oil, for brushing and drizzling





**½ teaspoon ground cumin  
175 g (6 oz/1 cup) podded fresh broad (fava) beans  
1 large handful mint, washed and roughly chopped  
1 large handful flat-leaf (Italian) parsley, washed and roughly chopped  
1 small red onion, thinly sliced  
4 radishes, thinly sliced  
seeds of 1 pomegranate  
juice of 1 lemon  
good pinch of ground sumac**

#### METHOD

Preheat the oven to 190°C (375°F). Take the pitta bread and lightly wet it; this will help to 'steam bake' the bread, keeping it a little moist, but crispy on the outside. Place on a baking tray, then into the oven, and cook for 4–5 minutes on each side, or until starting to go a little crisp.

Take out of the oven and brush with some olive oil, then sprinkle the cumin over. Once cool, tear into small pieces.

Meanwhile, bring a saucepan of water to the boil. Add the broad beans and cook for 2 minutes. Remove using a slotted spoon and refresh under cold water. When the broad beans are cool enough to handle, gently squeeze them out of their leathery skins.

Roughly chop the broad beans and place in a mixing bowl. Add the mint, parsley, onion, radish and pomegranate seeds and toss gently to combine. Add the lemon juice, then drizzle on enough olive oil to coat. Add the toasted pitta pieces and the sumac, toss again and serve.

The fattoush also goes nicely with a little yoghurt on the side.

## Grilled baby leeks, chicken livers & Romesco sauce

A dish inspired by my good friend Stevie Parle from the United Kingdom. Stevie cooks from the heart and cooks food that has inspired him from his global travels. This dish is a mix of two dishes he did at Pope Joan in 2012. Serves 2–4 as a starter

#### INGREDIENTS

**300 g (10½ oz) chicken livers, trimmed by your butcher  
1 tablespoon pomegranate molasses  
1 teaspoon ras el hanout  
20 ml (¾ fl oz) olive oil, plus extra for drizzling  
2 large leeks, white part only, roots trimmed  
1 quantity of Romesco sauce (see page 92)  
1 small handful flat-leaf (Italian) parsley, washed and torn  
good pinch of ground sumac**

#### METHOD

Preheat the oven to 190°C (375°F). Heat a chargrill pan to high. In a bowl, mix together the chicken livers, pomegranate molasses, ras el hanout and olive oil. Let sit while finishing the leeks.

Cut the leeks in half lengthways, rinse out any grit and pat dry with paper towel. Drizzle the leeks with a little extra olive oil, then place on the hot chargrill, cut side down, and char until lightly browned all over – about 3–4 minutes all up. Now place on a baking tray and bake for 7–10 minutes, or until you can insert a sharp knife through easily.

Remove from the oven and set aside. Place the chicken livers on the hot grill, turn the heat down to medium and cook on one side for 2–3 minutes, or until beautifully browned. Turn them over, lower the heat and cook the livers through. This should take another 3–4 minutes. Take off the heat and let rest for 3–5 minutes.

Dollop some of the romesco sauce onto a plate, then arrange the leeks alongside. Add the chicken livers – you can cut

## COOKBOOK EXTRACT

them up a little if you need to – then finish with the parsley and a sprinkling of sumac.

### Romesco sauce

*Romesco is brilliant as a dip or sauce for any vegetable, meat or fish. Keep this one in the fridge (it will keep for ages), so you have a delicious sauce on hand at all times. Makes about 750 ml (25½ fl oz/3 cups)*

#### INGREDIENTS

5 red capsicums (bell peppers), about 850 g (1 lb 14 oz) in total  
75 ml (2½ fl oz) olive oil  
2 oregano sprigs  
2 thyme sprigs  
85 g (3 oz) quince paste  
50 g (1¾ oz/½ cup) blanched almonds, chopped  
1 garlic clove  
pinch of fennel seeds  
pinch of coriander seeds  
pinch of nigella seeds

pinch of cumin seeds  
pinch of ground sumac  
1–2 teaspoons fine salt flakes  
200 ml (7 fl oz) extra-virgin olive oil  
30 ml (1 fl oz) cabernet vinegar or red wine vinegar

#### METHOD

Preheat the oven to 220°C (430°F). Place the capsicums in a roasting tin and drizzle with the olive oil. Add the oregano and thyme sprigs and mix together. Roast for 40–50 minutes, shaking the tin every 8 minutes or so, until the capsicums are soft and the skins nicely browned.

Take them out of the oven, cover with foil and let the capsicums steam for 10 minutes, so they'll be easy to peel.

Carefully peel the capsicums, and remove all the seeds. Place the flesh in a food processor, along with the quince paste, almonds and garlic. Blitz to a puree. Add the spices, and salt to taste, and blitz again.

Pour into a bowl, then fold in the extra-virgin olive oil and vinegar.

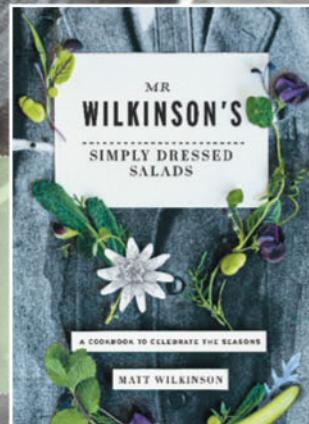
Now check for a nice salt and acid balance, and you're done.

The sauce will keep well in an airtight container in the fridge for up to 1 week.



## WIN!

Three lucky *F&HE* readers can each win a copy of *Mr Wilkinson's Simply Dressed Salads*, published by Hardie Grant Books and available for R560 from May. To enter, email your name, postal address, contact number and ID to [foodhome@caxton.co.za](mailto:foodhome@caxton.co.za) with 'Mr Wilkinson' in the subject line by 15 May 2015.



PROMOTION

# SPREADING the love

TRANSFORM GARLIC BREAD INTO A FLAVOURFUL AND DELICIOUS TREAT THAT YOUR HEART WILL ALSO LOVE, WITH THE SMOOTH, BUTTERY TASTE OF FLORA GOLD

Turn this popular side dish into the star. Here's how:

combine 5 big dollops **Flora Gold** with 60ml (¼ cup) red pepper pesto, 2 peeled and finely chopped garlic cloves and a few sprigs chopped fresh parsley. Cut 6 ciabatta rolls into slices.

Spread the **Flora Gold** mixture thickly over the slices, wrap each roll in foil and bake in the oven at 200°C until the **Flora Gold** mixture has melted, about 15 minutes. Open up the foil for the final 5 minutes to allow the bread to crisp up. Serve with fresh rocket and slices of Parma ham. Top with Parmesan shavings to finish and tuck in!

“ Flora Gold is trans-fat free, making it not only delicious but healthy too. For more recipe ideas, visit [florastrongheart.co.za](http://florastrongheart.co.za). ”





# Win COMPETITION

*One lucky reader can win  
a three-night stay for two,  
worth R24 000, at  
IVORY TREE GAME LODGE!*

The Pilanesberg National Park is home to the modern, five-star Ivory Tree Game Lodge. Driving through the Bakgatla Gate – the closest point of entry – will lead you to an ancient amphitheatre divided by riverine woodlands and elephant trails.

The lodge offers 60 luxury suites, all air-conditioned, with hot beverages and en-suite facilities. If you are one for safaris, Ivory Tree provides guests with the thrill of driving around the park in a 10-seater, open game viewer. A personal guide will interpret the sounds and sightings of South Africa's Big Five, cheetah, wild dog and more. If tranquillity is more your style, the Amani Spa will provide a variety of treatments while you immerse yourself in the calls of the wild.

For more information, visit [www.ivorytreegamelodge.com](http://www.ivorytreegamelodge.com); email [cro@aha.travel](mailto:cro@aha.travel) or call 087 740 9292.

## The prize

One lucky reader will stand a chance to win a three-night stay for two at the exclusive Ivory Tree Game Lodge in the north-eastern region of the Pilanesberg National Park. The prize includes three nights in an executive suite, including all meals, two game drives per day with a ranger and one spa treatment per person.

## To enter

**SMS WIN**

followed by your name,  
ID number and postal address to  
**48405**

Each SMS costs R1,50 and free SMSs do not apply. Competition closes on **31 May 2015**. The prize cannot be transferred to cash. The winner has three months from closing date of competition to book. Transport excluded. All items not listed in above inclusions must be settled by guest directly. Not exchangeable. Visit [foodandhome.co.za](http://foodandhome.co.za) for terms and conditions.



PROMOTION



# A CLEAN HOUSE IS A HAPPY HOME

HANDY ANDY ULTRA  
HYGIENE PROTECTS YOUR  
FAMILY FROM GERMS AND  
DIRT IN JUST ONE STEP!

The kitchen is the epicentre of your home, where everything happens, from cooking up a storm to catching up with those closest to you – which is why it's so important to keep food surfaces clean at all times.

The Handy Andy Ultra Hygiene range of cream cleaners is precisely what your home needs to ensure you stay ahead of dirt and germs. The active formula of bleach and cream with Germ Kill removes tough-to-get-out dirt and eliminates 99,9% of germs with a simple one-step process, which means more time with family and less time scrubbing up.

\*On tough kitchen grease and bleachable stains.



PLACE  
PRODUCT  
HERE



# A delicious duo

WITH FLAGSHIP WINES FLYING OUT OF THE CELLAR AND AN UPDATED MENU EXCITING AND DELIGHTING DINERS AT BISTRO SIXTEEN82, THERE'S CERTAINLY A NEW ENERGY AT CAPE TOWN'S STEENBERG FARM

By RICHARD HOLMES  
Recipes and styling by KERRY KILPIN  
Photographs by BRUCE TUCK

**T**here's no shortage of history in the Cape winelands, yet few family trees have roots quite as deep as Steenberg Farm. The title deeds here date back to 1682, and the farm is home to an award-winning hotel set in and around a beautifully restored Manor House, as well as the elegant Catharina's restaurant. But, it's at the wine cellar, higher up the slopes of the Constantiaberg, where this grand old lady of the Cape is being given an injection of youthful energy.

JD Pretorius was just 23 when he took over as winemaker, fresh off the plane from a stint working the harvest in California. Now, with six Steenberg harvests under his belt, he and cellarmaster John Loubsen have cemented this boutique

Constantia property's position as one of the top producers in the Cape.

So, perhaps it's no surprise then that the soft-spoken JD – who hails from the Free State, but fell in love with the idea of 'farming wine' – last year walked away with the Diners Club Young Winemaker of the Year Award for his Steenberg Merlot 2012. "We're mainly a white-wine producer, so it's quite nice to have won with a merlot, especially because merlot has quite a bad reputation," says JD, who will be using the generous prize of air tickets to the USA, plus spending money, to jet off to Sonoma and Napa Valley for a 'tasting holiday' during the dry Californian summer.

However, it's the cooling sea breezes, not the summer heat, that defines Steenberg wines. "Steenberg is the closest estate

in Constantia to the ocean. We try to make wines that are true to this property and, part of that, is respecting our cool climate," explains JD. "I'd say our style is halfway between the Old and New World – we have the aromatics and expressiveness of New World wines, but the restraint and elegance of the Old World."

This blend of old and new is deftly mirrored in the kitchen of Bistro Sixteen82, with the arrival of new Head Chef, Kerry Kilpin. After more than a decade of working with acclaimed chef Franck Dangereux, including eight years at The Foodbarn in Noordhoek, Kerry has quickly put her unique stamp on the menu at Bistro Sixteen82.

Situated alongside the cellar, the restaurant itself is a modern, yet organic space. Clean, industrial lines are softened by subtle wine-bottle installations, while sleek, leather banettes are offset by tall vases of indigenous restio grasses. The crowd is a well-dressed mix of locals and tourists, many of them happily tossing out their afternoon touring plans for a languid lunch in the shadow of the Constantiaberg.

"I've run Franck's kitchen for many years and always had him as a safety net – but it was *his* food, *his* dishes. Now, I have the opportunity to be more creative and I'm trying to add some freshness to what we were cooking at The Foodbarn," explains Kerry. "Franck is famous for his sauces, but we're trying to lighten that here. I love Asian influences, so you'll find many of those flavours on the menu. I especially love our Asian fish salad, which boasts both richness and lightness and is full of flavour, with lemongrass, chilli and ginger."



Another crowd favourite is the starter of crispy tempura prawns, set on a rice-noodle salad and livened up with harissa mayonnaise and the fragrance of fresh coriander. It's a dish that works well with the Steenberg Semillon. A wine usually used for blending, the savoury acidity of JD's single-varietal bottling makes the semillon a perfect match for the prawns.

While the estate is most famous for its range of elegant sauvignon blancs, "sauvignon is quite tricky to match with food," says JD. "I love our semillon, even though it's not a big seller. People don't know the variety and it's an unusual name, but it works incredibly well with food."

Both winemaker and chef work closely together on food-and-wine pairings, and "it's been very exciting to have Kerry come on board," says JD. "She has a completely different approach to food-and-wine pairing, and engaging with the wines. During harvest, she'll take some of our grapes and turn them into jams. We're also working on a sorbet from our Magna Carta blend of sauvignon blanc and semillon."

"JD is so knowledgeable about wine pairings," replies Kerry, who says that because Steenberg doesn't produce a sweet wine, pairing with desserts can be tricky. "JD suggested that nebbiolo goes well with both Gorgonzola and sweet-roasted garlic, so we worked around that and created a cheese course as a dessert – a plate of pears





## NEW FLAVOUR

poached in Steenberg Nebbiolo, a Gorgonzola fritter, candied kumquats, confit garlic and a syrup of the delicious poaching liquid... phenomenal!"

As is the pairing of Steenberg 1682 Pinot Noir Méthode Cap Classique with Kerry's velvety cheesecake and rose-scented ice cream. JD will also be launching a new flagship méthode cap classique this September, a blend of pinot noir and chardonnay that has been maturing since 2010. With just 3 000 bottles on offer, it's going to fly out of the cellar.

With its flagship wines and a hot,

new menu in Bistro Sixteen82, there's a different energy at Steenberg Farm. As JD gets to work in the cellar, bringing in the last of the harvest, Kerry is cooking up a storm in the kitchen. The farm may look a little different these days, but it's hard not to leave thinking that Catharina Ras, who first settled on the farm in 1682, would be proud.

**Bistro Sixteen82, Steenberg Estate, Steenberg Road, Tokai, Cape Town; 021-713-2211; reservations@bistro1682.co.za; steenbergfarm.com**

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... we have the aromatics and expressiveness of New World wines, but the restraint and elegance of the Old World.

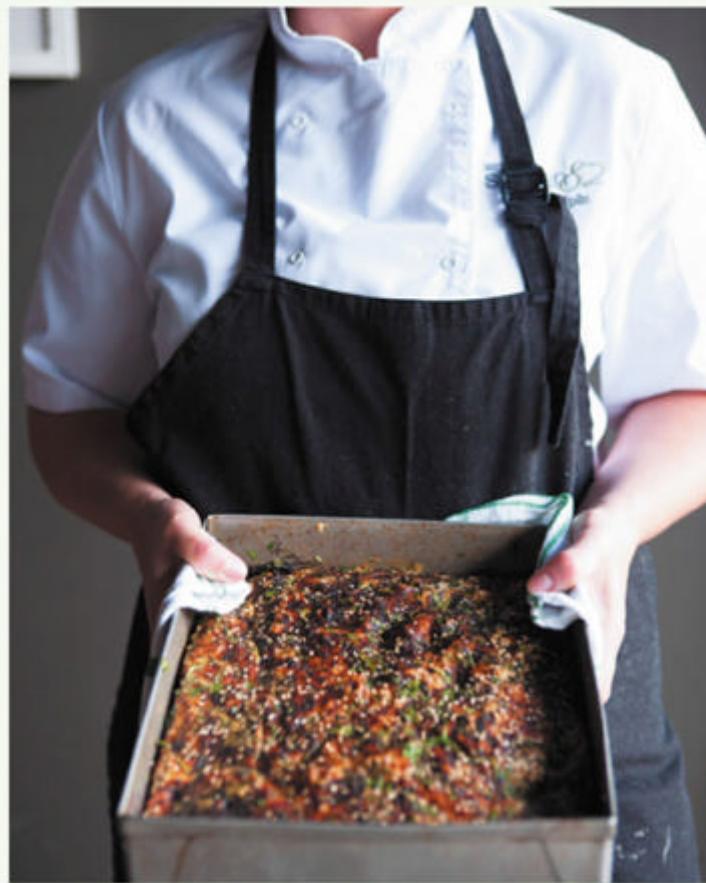
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#### COOK'S TIP

*Focaccia is great to try out when you are learning how to make bread. You can play around with different toppings on one tray to really impress your friends!*



**1 x 10g packet instant yeast  
30ml (2 tbsp) extra virgin olive oil  
10ml (2 tsp) salt  
450ml water**

**5ml (1 tsp) white sesame seeds  
5ml (1 tsp) black sesame seeds**

#### HOW TO DO IT

1 For the miso 'pesto', lightly fry the chilli, garlic and miso paste in the butter in a frying pan over low heat, about 3 minutes. Remove from heat and allow to cool. Add the chopped coriander and lemon zest and juice and stir to form a paste.

2 For the focaccia, place the flour, yeast, 15ml (1 tbsp) of the olive oil and salt in a free-standing mixer. Using the dough-hook attachment, gradually add the water, while mixing continuously, until you have a nice wet dough.

Continue to knead the dough until it forms a ball and all the dough comes away from the edges of the bowl. At this point, knead for a final minute. Cover the bowl with a damp cloth and set aside in a warm place to double in size, about 45 minutes.

3 Knock back the dough and place in a 30cm x 23cm baking tray that has been greased with the remaining olive oil. Spread the dough out to cover the

base of the tray. It should be about 2cm thick. Cover with a damp cloth and set aside to prove and double in size, about 45 minutes, depending on how warm your kitchen is. Preheat the oven to 180°C.

4 Brush the top of the dough with half of the miso pesto. Sprinkle over the white and black sesame seeds and bake in the oven until golden in colour, 20 – 30 minutes. Remove from oven and brush with the remaining pesto, while still hot, to serve.

## Tempura prawns with harissa mayonnaise and coriander noodles

**Pair with... Steenberg 1682 Chardonnay MCC**  
Serves 6 – 8 **EASY** 45 mins + 1 hr 30 mins, to rest

## Miso, chilli and coriander focaccia bread

**Pair with... Steenberg 1682**

**Chardonnay MCC**

Serves 6 – 8 **EASY** 45 mins + 1 hr 30 mins, to rest

#### THE FLAVOUR COMBINATIONS

##### MISO 'PESTO'

**1 chilli, chopped  
2 garlic cloves, peeled and chopped  
30ml (2 tbsp) miso paste  
50g butter  
large handful fresh coriander, chopped  
zest and juice of 1 lemon**

##### FOCACCIA BREAD

**500g cake flour**

#### THE FLAVOUR COMBINATIONS

##### TEMPURA BATTER

**200ml – 300ml beer  
pinch salt, to taste  
250g self-raising flour**

##### NOODLES

**80g vermicelli noodles  
handful fresh coriander, chopped  
1 carrot, julienned  
1/4 cucumber, julienned  
1 spring onion, chopped  
15ml (1 tbsp) soya sauce**

*Tempura prawns with harissa mayonnaise and coriander noodles*



#### HARISSA MAYONNAISE

**1 egg**  
**5ml (1 tsp) English mustard**

**10ml (2 tsp) red wine vinegar**

**salt and freshly ground black pepper, to taste**  
**150ml sunflower oil**

**40g harissa paste**  
**oil, to deep-fry**

**24 prawns, shells removed and cleaned**

**fresh coriander, to garnish**  
**jalapeño oil, to garnish**  
**chopped chives, to garnish**

#### HOW TO DO IT

**1** For the tempura batter, whisk the beer and salt into the flour to form a batter – it should coat your finger lightly when you place it in the batter.

**2** For the noodles, blanch the vermicelli according to packet instructions. They should be al dente. Mix together the noodles, coriander, carrot, cucumber and spring onion, season with the soya sauce and divide into 6 portions.

**3** For the mayonnaise, beat the egg, mustard, vinegar and a pinch of salt together. Slowly add the oil, while beating, to form an emulsion. Whisk in the harissa paste and season to taste.

**4** Heat the oil in a deep-fryer or deep pot to 180°C. Lightly dip each prawn in the batter and fry until golden brown. (Be careful not to over-crowd the deep-fryer or pot. It is best to fry 5 – 6 prawns at a time.) Season with salt to taste.

**5** To assemble, add a ladle of harissa mayo to each plate. Place the noodles on the sauce and top with prawns. Garnish with fresh coriander, a swirl of jalapeño oil and some chives.



#### Seared beef carpaccio

**Pair with... Steenberg Shiraz 2012**

Serves 4 **EASY** 30 mins



#### THE FLAVOUR COMBINATIONS

**500g whole beef fillet**  
**salt and freshly ground black pepper, to taste**  
**oil, to sear**

#### SESAME DRESSING

**5ml (1 tsp) chilli, chopped**  
**5ml (1 tsp) ginger, chopped**  
**1 spring onion, chopped**  
**juice of 1 lime**



**COOK'S TIP**  
*The fillet can be substituted with fresh tuna.*

**10ml (2 tsp) soya sauce  
10ml (2 tsp) fish sauce  
5ml (1 tsp) sesame oil**

#### AÏOLI

**1 egg  
5ml (1 tsp) English mustard  
10ml (2 tsp) red wine vinegar  
1 garlic clove, peeled and chopped  
100ml canola oil  
salt, to taste**

#### SALAD

**100g mixed baby salad leaves  
small handful fresh coriander**

**2 radishes, thinly sliced  
1 lime, sliced into wedges  
10ml (2 tsp) sesame seeds, toasted**

#### HOW TO DO IT

- 1 Season the fillet with salt and pepper and sear in a hot pan in a little oil until golden on all sides. Refrigerate to cool before cutting into very thin slices.
- 2 For the sesame dressing, place the chilli, ginger, spring onion, lime juice, soya, fish sauce and sesame oil in a bowl and whisk to combine.
- 3 For the aioli, whisk the egg, mustard, vinegar and garlic together in a bowl. Gradually add the oil, while mixing continuously, to form an emulsion. If you find the mayonnaise is getting too thick, add a little water. Season to taste.
- 4 To assemble, layer the thinly sliced beef on a plate and season with the sesame dressing. Top with a mix of the baby salad leaves, coriander, radishes and a lime wedge. Swirl the aioli over both the salad and meat and sprinkle with toasted sesame seeds to serve.

**Roast pork on a potato rösti with baby marrow batons and thyme jus**

**Pair with... Steenberg Nebbiolo 2012  
Serves 6 EASY 1 hr 15 mins**

#### THE FLAVOUR COMBINATIONS

**THYME JUS**  
**2 carrots, sliced  
1 onion, peeled and sliced  
2 celery stalks, sliced  
1 garlic clove, peeled and chopped  
oil, to fry  
2L chicken stock  
50g fresh thyme  
150g butter  
30ml (2 tbsp) cornflour  
10ml (2 tsp) fresh thyme, finely chopped**

#### POTATO RÖSTIS

**3 potatoes, peeled and grated  
1 egg  
salt and freshly ground black pepper, to taste  
oil, to fry**

**1.2kg pork fillet  
salt and freshly ground black pepper, to taste  
80g baby salad leaves + extra, to garnish  
6 large baby marrows, quartered and blanched in boiling water for 1 minute  
12 cherry tomatoes, halved, seasoned and lightly roasted for 2 minutes in a 180°C oven**

**fresh chives, chopped, to garnish**



NEW FLAVOUR

PAIR  
UP



#### HOW TO DO IT

- For the thyme jus, place all of the vegetables and garlic in a pot over medium heat and sauté in a little oil until nicely golden in colour, about 5 minutes. Deglaze the pot by adding the chicken stock. Add the 50g thyme and allow to reduce to 300ml, about 1 hour. Remove from heat and strain, discarding the vegetables. Return to the pot and bring the stock to a boil. Add the butter and thicken with the cornflour to form a coating consistency. Season with salt and pepper and add the 10ml (2 tsp) chopped thyme.
- For the röstis, squeeze the grated potato to remove as much excess liquid as possible. Mix the potato and egg together and season to taste. Divide the potato into 6 portions. Heat a little oil in a frying pan over low heat. Fry the potato rösti portions in rounds,

using metal ring moulds, until golden brown on both sides.

- Season the pork fillet with salt and pepper. In a hot pan, sear the fillet on each side in a little oil until nicely golden brown, about 4 minutes for medium or as desired.
- Cut the pork fillet into 12 slices, about 5cm long at an angle. Place a rösti in the centre of each plate and top with baby leaves. Add 2 pork slices and surround with baby marrow batons and cherry tomatoes. Drizzle the jus over the meat and garnish with fresh chives and baby salad leaves to serve.

#### COOK'S TIP

Remember, when making sauces, it's all about taste, taste and more taste! Cook from feel more than from an exact recipe.

Quince cheesecake with Italian meringue, rose ice cream and berry coulis

Pair with... Steenberg 1682 Pinot

Noir MCC

Serves 6 **EASY** 1 hr 15 mins + freezing time + 1 hr 30 mins, to set

#### THE FLAVOUR COMBINATIONS

##### ROSE ICE CREAM

250ml (1 cup) milk

3 egg yolks

75g castor sugar

10ml (2 tsp) rose syrup

##### QUINCE PURÉE

4 ripe quinces, peeled and quartered

100g white granulated sugar

300ml water

##### BISCUIT BASE

½ packet Bakers Tennis Biscuits

60g butter, melted

##### QUINCE CHEESECAKE

1 x 385g tin condensed milk

250g smooth cottage cheese

125ml (½ cup) quince purée

5ml (1 tsp) lemon juice

##### BERRY COULIS

100g white granulated sugar

75ml water

125g frozen mixed berries

##### ITALIAN MERINGUE

125g castor sugar

30ml (2 tbsp) water

2 egg whites

fresh mint, to garnish

#### HOW TO DO IT

- For the rose ice cream, scald the milk in a pot over medium heat. Cream the egg yolks and the 75g castor sugar until light in colour. Add the hot milk to the egg yolks, whisking continuously. Pour the mixture back into the pot and cook over low-medium heat, stirring continuously, until the egg flavour has been cooked out and the mixture coats the back of a wooden spoon. You do not want to overcook it or have the heat too high or it will curdle. Remove from heat and allow to cool. Add the rose syrup and churn in an ice-cream

churner according to manufacturer's instructions. If you do not have an ice-cream churner, place in a freezer-proof container and put in the freezer. Remove and whisk every 30 minutes until frozen.

2 For the quince purée, place the quinces in a pot over medium heat with the sugar and water, bring to a simmer and cook until the quinces are soft, about 20 minutes. Remove from heat. Take the quinces out of the sugar syrup, discard the pips and cut into 18 'wedges'. Blend the wedges to make the quince purée. (Use the leftover sugar syrup to drizzle over Bulgarian yoghurt – this is delicious for breakfast served with muesli!)

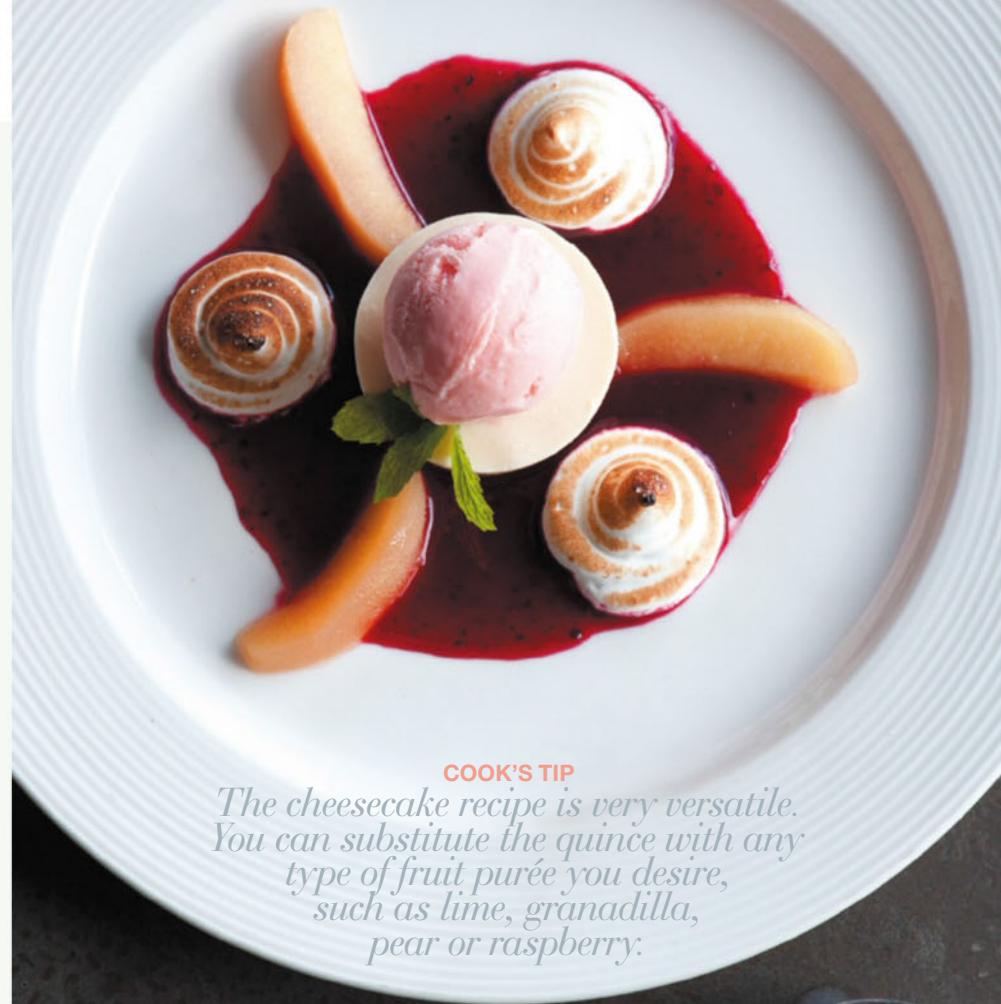
3 Preheat the oven to 160°C. For the biscuit base, crush the biscuits and mix with the melted butter. Using a silicone muffin pan, press a little of the biscuit mixture into each muffin well. Refrigerate while making the cheesecake mix, allowing the base to set in the mould.

4 For the cheesecake, mix the condensed milk, cottage cheese, quince purée and lemon juice together. Pour into the moulds over the biscuit base and bake in the oven, 8 minutes. Remove from oven and refrigerate to cool and set, about 1½ hours.

5 For the berry coulis, place the sugar, water and berries in a saucepan and bring to a boil. Reduce the heat and allow to simmer, 2 minutes. Remove from heat and blitz in a blender. Allow to cool.

6 For the meringue, place the 125g castor sugar and water in a saucepan over low heat and allow the sugar to dissolve completely. Bring to a boil until the sugar syrup reaches 110°C on a sugar thermometer. At this point, beat or whisk the egg whites to stiff peaks, while keeping an eye on your sugar thermometer. Once the sugar syrup reaches 114°C, pour it into the egg whites while continuously whisking. Whisk the meringue for a further 5 minutes or until the bowl has cooled down. Place in a piping bag.

7 To assemble, add a pool of berry coulis to the centre of each plate. Place a cheesecake in the centre of the coulis. Pipe 3 meringue 'roses' around the cheesecake and lightly brown the meringues with a blowtorch. Top the cheesecake with a scoop of rose ice cream and garnish with a sprig of mint.



#### COOK'S TIP

The cheesecake recipe is very versatile. You can substitute the quince with any type of fruit purée you desire, such as lime, granadilla, pear or raspberry.



Recipe and styling by SAM LINSELL Photographs by WARREN HEATH

“ Breville's the Juice & Blend is great! It's a no-nonsense dual-speed juicer, which is lightning-quick to operate and a total breeze to clean. ”

# ARRIBA, ARRIBA

## Frozen Paloma

*This is the frozen-daiquiri version of the Paloma – a popular Mexican cocktail made with fresh grapefruit juice and tequila. It's not too sweet and extremely refreshing.*

Serves 2 **EASY** 5 – 10 mins

### THE FLAVOUR COMBINATIONS

4 – 6 ruby grapefruits (depending on their size, to yield 400ml freshly squeezed juice)  
230g ice cubes  
2 shots (50ml) tequila  
60ml – 80ml ( $\frac{1}{4}$  cup –  $\frac{1}{3}$  cup) agave nectar/sugar syrup

fresh lime slices, to garnish

### HOW TO DO IT

- 1 Juice the ruby grapefruits in Breville's the Juice & Blend.
- 2 Place the juice and the remaining ingredients in the ultimate-performance Breville Kinetix Pro Blender and process on the 'Smoothie' setting until you have a smooth, frozen consistency.
- 3 Serve in tall glasses and garnish with fresh lime slices.

Breville kitchen appliances are available from @home stores. 0860 666 674; [home.co.za](http://home.co.za)



WE CAN'T ALL DINE ALFRESCO DURING THE WEEK. MAKE SURE YOUR (OR YOUR LOVED ONE'S) LUNCH BREAK IS WORTH IT WITH THESE SUPER-YUMMY, EASY-TO-MAKE LUNCH-BOX IDEAS. AND A HAPPY WORKER'S DAY FOR 1 MAY!

Recipes and styling by LUISA PARELO Photographs by MATHURINDUPESSIS

# Al-desko dining



THE SCULPTOR

AQUA★CLEANSE★

## Panko-crusted Scotch eggs with ranch-style mayo

Makes 8 EASY 30 – 45 mins

### THE FLAVOUR COMBINATIONS

8 large eggs  
500g pork-sausage mince  
handful fresh parsley, roughly  
chopped  
handful chives,  
chopped  
10ml (2 tsp)  
wholegrain  
mustard  
salt and  
freshly  
ground  
black  
pepper, to taste





Metallic Tupperware lunchbox set, R239, plastic water bottle, R79, both @home; white-and-gold ceramic pencil holder, R120, The Pause Room

flour, to dust  
2 eggs, lightly whisked  
100g panko/dried breadcrumbs  
vegetable oil, to deep-fry

#### RANCH-STYLE DIP

180ml (¾ cup) mayonnaise  
60ml (¼ cup) crème fraîche  
30ml (2 tbsp) Greek yoghurt  
small handful chives, roughly chopped  
salt and freshly ground black pepper, to taste

#### HOW TO DO IT

- 1 Boil the eggs until they reach soft-boiled stage, 3–4 minutes. Remove from water and set aside to cool before carefully peeling away the shells.
- 2 In a glass bowl, mix together the mince, parsley, chives and mustard and season to taste.
- 3 To assemble the Scotch eggs, dust your hands in a little flour then mould an oval-shaped patty in the palms of your hands with the mince. Dust a soft-boiled egg in a little flour and place in the centre of the patty. Wrap the mince around the egg, carefully moulding it with your hands. Dust the mince-rolled egg in a little flour, dip into the egg wash and, finally, dip into the breadcrumbs, making sure it's well coated. Repeat with the remaining eggs and mince.
- 4 Heat the oil in a deep-fryer or deep pot to 160°C and deep-fry the Scotch eggs in batches until golden brown and crisp, 3–4 minutes each. Remove from oil using a slotted spoon and drain on paper towel.
- 5 For the dip, whisk together all of the ingredients and add a little salt and pepper, if needed. Serve alongside the Scotch eggs.

#### COOK'S TIPS

These are delicious served with a pickled vegetable salad. Both the Scotch eggs and the dip can be made a day in advance and kept in the fridge.



Backless shadow box, R229,95,  
potted plant set, R349, mini  
wooden clock, R199,99, wooden  
keyboard and mouse set,  
R799,96, all Typo; disposable  
wooden forks (set of 24), R49,99,  
Mr Price Home; Consol jars,  
R10,99 each, Pick n Pay

## THE JAR HEAD





## Layered pearl barley and herb salad with roasted baby beetroot, creamy goat's feta and fennel

Serves 4 **EASY** 45 mins

### THE FLAVOUR COMBINATIONS

- 10 baby beetroots, washed olive/avocado oil, to drizzle
- 15ml (1 tbsp) balsamic vinegar
- salt and freshly ground black pepper, to taste
- few sprigs fresh thyme
- 120g pearl barley, rinsed
- 1 fennel bulb, thinly sliced/roughly chopped
- 100g creamy goat's feta
- handful baby salad leaves

### DRESSING

- 60ml (¼ cup) extra virgin olive oil
- zest and juice of 1 lemon
- 15ml (1 tbsp) red wine vinegar
- 15ml – 30ml (1 – 2 tbsp) honey

large handful fresh parsley, roughly chopped  
handful fennel tops, roughly chopped  
few sprigs fresh basil, roughly chopped

### HOW TO DO IT

- 1 Preheat the oven to 200°C.
- 2 Wrap each beetroot in a little foil, place on a baking tray and roast in the oven, about 20 minutes. Remove from oven, discard the foil and peel away the beetroot skins. Halve the beetroots, return to the baking tray and drizzle with a little oil and balsamic vinegar. Season with salt, pepper and fresh thyme and roast in the oven for a further 15 minutes. Remove from oven and set aside.
- 3 Place the pearl barley in 450ml water and cook gently over medium heat until al dente, 20 – 25 minutes. Strain and set aside.
- 4 For the dressing, whisk together all of the ingredients and adjust the seasoning to your liking. Add the dressing to the pearl barley while still warm, mix and allow to cool. Once cool, fill the first quarter of 4 jars with the herbed barley mixture. Top with the roasted beetroot, fennel, creamy feta and a few baby salad leaves to serve.

### COOK'S TIP

The salad can be made the night before and kept refrigerated in the jars.





Clipboard, R139,  
@home; 'bulldog' paper  
clamps, R2,20 each  
(small), R3 each (large),  
Oxford Stationery & Books;  
drawing pins, stylist's own



## Grilled sandwich of BBQ beef brisket with mayo, gherkins and wild rocket

Makes 6 **EASY** 10 mins + 4 – 5 hrs,  
to slow-cook the beef brisket

### THE FLAVOUR COMBINATIONS

#### BBQ BEEF BRISKET

- 15ml (1 tbsp) smoked paprika
- 5ml (1 tsp) cayenne pepper
- 15ml (1 tbsp) mustard seeds
- 15ml (1 tbsp) coriander seeds
- 15ml (1 tbsp) cumin seeds
- 10ml (2 tsp) Maldon sea salt
- 2,5ml (½ tsp) whole black peppercorns
- 30ml (2 tbsp) brown sugar
- 1kg beef brisket
- olive oil, to fry
- 125ml (½ cup) beef stock

#### BBQ SAUCE

- 250ml (1 cup) tomato ketchup
- 100ml red wine vinegar
- 60ml (¼ cup) demerara sugar
- 5ml (1 tsp) Worcestershire sauce

Woodgrain notebook, R169,96, skull  
pen holder, R149,99, both Typo; wooden  
board, R320, The Pause Room

**SANDWICH**

**12 slices ciabatta/bread of your choice, toasted/grilled  
90ml mayonnaise  
12 gherkins, thinly sliced  
2 handfuls wild rocket**

**HOW TO DO IT**

1 Preheat the oven to 140°C.  
2 Place the paprika, cayenne pepper, mustard seeds, coriander seeds, cumin seeds, sea salt, peppercorns and brown sugar in a pestle and mortar and pound to a coarse powder. Rub the spice blend all over the meat and sear in a hot pan,

in a little olive oil, until well browned. Remove from pan and place in a deep roasting tray. Pour over the stock, cover with foil and slow-cook in the oven until the meat is tender and pulls apart easily using a fork, 4 – 5 hours.

3 For the BBQ sauce, place all of the ingredients in a saucepan and simmer gently over medium heat, 15 minutes. Remove from heat and allow to cool before pouring into a jar and refrigerating until ready to use. This will keep for a couple of weeks in the fridge.

4 For the sandwich, smear half of

the grilled slices of bread with a little mayonnaise. Place the pulled beef brisket in a small bowl and mix in the BBQ sauce until well coated (use only as much as you desire). Place a generous amount of BBQ beef on the bread slices and top with gherkins and a little wild rocket before sandwiching with the remaining grilled bread slices.

**COOK'S TIP**

The cooked brisket can be made in advance and will keep, refrigerated, for up to 3 days.





**HIGH**  
contains 1 of your 5-a-day  
gluten & wheat free

## Baby spinach and avocado salad with fennel, toasted walnuts and crispy bacon

Serves 4 **EASY** 15 mins

### THE FLAVOUR COMBINATIONS VINAIGRETTE

60ml (¼ cup) extra virgin olive oil  
juice of 2 limes  
30ml (2 tbsp) honey  
5ml (1 tsp) Dijon mustard  
1 chilli, seeded and thinly sliced

### SALAD

300g baby spinach and a variety of other baby lettuce leaves  
2 green apples, cored and thinly sliced  
2 avocados, sliced  
1 fennel bulb, thinly sliced  
1 red onion, peeled and thinly sliced  
50g walnuts, lightly toasted  
250g streaky bacon, grilled until crisp

### HOW TO DO IT

- For the vinaigrette, whisk all of the ingredients together and set aside.
- To assemble the salad, scatter the baby spinach and leaves across the plate or platter and stack with the remaining ingredients. Drizzle over the vinaigrette just before serving.

### COOK'S TIP

The vinaigrette can be made in advance and will keep, refrigerated, in a sealed jar for up to 2 weeks.

## Korean BBQ chicken wraps filled with coriander rice and cucumber ribbons

Serves 6 **EASY** 30 mins + 30 mins or overnight, to marinate

### THE FLAVOUR COMBINATIONS

125ml (½ cup) soya sauce  
5ml (1 tsp) sesame seed oil  
5cm fresh ginger, peeled and finely grated  
1 garlic clove, peeled and crushed  
15ml (1 tbsp) gochujang (Korean chilli paste)  
30ml (2 tbsp) honey  
15ml (1 tbsp) rice vinegar  
vegetable oil, to fry

**600g deboned chicken thighs,  
sliced into thin strips**  
**30ml (2 tbsp) orange marmalade  
juice of 1 lime**  
**200g cooked long-grain rice**  
**6 wraps, lightly grilled**  
**large handful fresh coriander**  
**1 small cucumber, shaved into  
ribbons**

#### HOW TO DO IT

**1** Place the soya sauce, sesame oil, ginger, garlic, gochujang, honey and vinegar in a shallow dish and whisk until well combined. Add the chicken strips and refrigerate to marinate, at least 30 minutes but preferably overnight.

**2** Heat a little vegetable oil in a frying pan over medium heat and sauté the chicken strips until cooked through, 10 – 12 minutes. Add the leftover marinade, together with the marmalade and lime juice, and allow to simmer until reduced slightly, about 5 minutes. Remove from pan and set aside.

**3** In the same pan, stir-fry the rice, 1 minute, before adding a little of the reduced sauce from the chicken. Remove from heat and set aside.

**4** To assemble, spoon a little of the stir-fried rice across the centre of a grilled wrap and top with some chicken, fresh coriander and cucumber ribbons before rolling up and serving. Use a skewer to keep the wrap together, if needed.



Suitcases  
(set of three),  
R229,95,  
Typo

# Steeped in history

## FREE-FORM FLAVOUR

Steer away from the traditional with organic design and free-form uniformity. Combine styles from local designers for a setting that oozes originality. Forego the conventional teapot for individual 'tea temples', then everyone can have a tea of their choice.

Milk jug, R75, large platter, R395, plate with high rim, R95, side plate, R45, two-handled mug (opposite), R125, spoons, R45 each, small spoon (opposite), R20, all Mervyn Gers; sugar bowl, R240, vase, R360, both Lisa Firer Design; plate with black rim, R105, Paul de Jongh mugs, R160 each, napkin (opposite), R90, all LIM; teapigs (box of 15 tea bags), R140, Teapigs Africa.



TEATIME WAS FIRST INTRODUCED BY ANNA, DUCHESS OF BEDFORD, IN 1840 BECAUSE OF THE LENGTHY INTERVAL BETWEEN A LIGHT LUNCHEON AND DINNER AT 8PM. TODAY, THIS ANCIENT CEREMONY IS BACK IN FASHION! WE'VE ROUNDED UP FOUR STRIKINGLY DIFFERENT, YET 'ON-TREND' SETTINGS, TEAMED WITH GORGEOUS TREATS THAT OFFER A CONTEMPORARY TWIST ON TRADITION

Recipes by KATELYN WILLIAMS Styling by TARA SLOGGETT and KATELYN WILLIAMS Photographs by TOBY MURPHY



## Rustic red onion and aubergine tartlets with mature Cheddar pastry

Makes 6 **EASY** 1 hr 30 mins + 1 hr 30 mins, to refrigerate

### THE FLAVOUR COMBINATIONS

**150g cake flour, sifted  
115g cold butter, chopped  
pinch salt  
30ml (2 tbsp) ice water  
50g mature Cheddar, grated  
1 egg, beaten, to brush**

### FILLING

**150g feta cheese  
1 garlic clove, peeled and crushed  
few sprigs fresh thyme  
salt and freshly ground black pepper, to taste  
extra virgin olive/avocado oil, to drizzle  
2 aubergines, sliced into rounds**

### HOW TO DO IT

**1 Blend the flour, butter and salt in a food processor until coarse. Add enough ice water to form a soft dough.**

**2** Add the cheese and pulse to combine. Divide into 6 – 8 balls, cover with cling film and refrigerate, 1 hour.

**3** For the filling, blitz together the feta, garlic, thyme, seasoning and oil to form a smooth paste. Heat a griddle pan until smoking hot and grill the aubergines until charred. Set aside to cool.

**4** On a floured surface, roll the pastry balls roughly into 10cm-wide rounds. Spread the creamed feta over the pastry, leaving a large border around the edges. Cut the aubergine rounds in half to form semicircles and arrange these on top of the feta in a concentric circle, working towards the middle. Fold the pastry edges inwards to form a crust, then refrigerate, 30 minutes. Preheat the oven to 220°C.

**5** Brush the pastry with the beaten egg and bake the tartlets until the crust is golden, 20 – 25 minutes.

### COOK'S TIP

If preferred, one large 23cm tart can be made instead of 6 individual tartlets. For the large tart, simply increase the baking time to 35 minutes.

**PAIR WITH...** TWG Imperial Pu-Erh  
*This fresh, young Pu-Erh boasts extraordinary, large, amber-coloured leaves. With a delicate aroma, it yields, once infused, a very strong, rich and earthy flavour, which is the perfect complement to the savoury flavours in this tart.*





PUT THE KETTLE ON

## ASIAN INFUSION

For pure indulgence and decadence, choose a dark colour scheme and breathtaking tea flowers displayed in glass teapots. Cast-iron teapot, R450, Woolworths; wooden panel, R1 565, spoons, R250 each, tea 'cups', R105, all LIM; Nigiro Artistic Show glass teapot, R199, Nigiro Flower Gate Chinese Artistic Show tea flowers (100g), R210, both Yuppiechef; bottle, R99, Country Road; ramekins, R25 each, bowls, R45 each, plates, R40 each, platter, R125, all Mervyn Gers.





66 There are few hours in life more agreeable than the hour dedicated to the ceremony known as afternoon tea.

HENRY JAMES

99



## Matcha and coconut panna cotta with sesame tuile

Serves 6 – 8 **EASY** 45 mins + 1 hr, to set

### THE FLAVOUR COMBINATIONS

#### PANNA COTTA

450ml fresh cream  
150ml coconut milk  
120g castor sugar  
5ml (1 tsp) vanilla extract  
30ml (2 tbsp) matcha (finely milled green tea powder)  
45ml (3 tbsp) coconut liqueur (optional)  
4 (8g) gelatine leaves

#### SESAME TUILES

40g icing sugar, sifted  
15g butter  
15ml (1 tbsp) honey  
10ml (2 tsp) water  
50g sesame seeds

**20ml (4 tsp) cake flour, sifted**

#### HOW TO DO IT

1 For the panna cotta, add the cream, coconut milk and castor sugar to a saucepan and bring to a boil. Remove from heat and stir in the vanilla extract, matcha and coconut liqueur, if desired.

2 Soak the gelatine leaves in cold water until soft, about 5 minutes. Squeeze out excess water and add the leaves to the hot panna cotta mixture. Allow to cool slightly before straining through a fine sieve. Pour into 6 – 8 silicone moulds of 8cm diameter and refrigerate to set completely, at least 1 hour. Preheat the oven to 180°C.

3 For the tuiles, place the icing sugar, butter, honey and water in a small saucepan, bring to a boil and cook, stirring continuously, 1 minute. Remove from heat and stir in the sesame seeds and flour. Allow to cool slightly.

4 Roll half tablespoonfuls of the tuile mixture into balls and place on a lined baking sheet, leaving enough space for spreading. Bake in the oven until flat and golden brown, about 10 minutes. Remove from oven and allow to cool before peeling off the baking sheet.

5 To unmould the panna cotta, dip the moulds briefly in boiling water, then loosen the edges of the mould slightly using a palette knife. Turn the panna cotta out into a bowl and serve with a sesame tuile.

**PAIR WITH...** TWG Crown Jewel Tea  
*Precious white tea leaves are handcrafted into a bouquet of pink amaranth. A vibrant and refreshing tea that pairs well with the coconut and matcha flavours in the panna cotta.*



## PUT THE KETTLE ON

### Poppy seed rolls with gravlax, cucumber and horseradish cream cheese

Makes 13 rolls **A LITTLE EFFORT**  
1 hr 45 mins + curing time + resting time

#### THE FLAVOUR COMBINATIONS

##### GRAVLAX

**225g rock salt**  
**15ml (1 tbsp) white sugar**  
**15ml (1 tbsp) gin/vodka**  
**zest of 2 lemons**  
**500g – 1kg side of salmon trout, trimmed and deboned**

##### ROLLS

**10g fresh yeast**  
**15ml (1 tbsp) vegetable oil**  
**150ml warm water**  
**200g cake flour + extra, to dust**  
**100g wholewheat flour**  
**10ml (2 tsp) salt**  
**145g poppy seeds**  
**1 egg, beaten, to brush**

#### TO SERVE

**240g plain cream cheese**  
**30ml (2 tbsp) creamed horseradish**  
**salt and freshly ground black pepper, to taste**  
**cucumber ribbons**  
**fresh dill**

#### HOW TO DO IT

- 1 For the gravlax, mix the rock salt, sugar, gin or vodka and lemon zest together. Place the fish in a large ceramic dish and cover with the cure mixture. Cover with cling film and refrigerate, 12 hours, pouring off any water that appears every few hours. Rinse off the cure and pat dry with paper towel.
- 2 For the rolls, place the yeast, oil and half of the warm water in a bowl and stir until dissolved. Combine the flours and salt and gradually incorporate the yeast mixture, along with the remaining water (if necessary), to form a soft, shaggy dough. Cover with cling film and place in a warm place until double in size.
- 3 Turn the dough out onto a lightly floured surface and fold over a few times to knock out the air bubbles. Divide the dough into 13 golf ball-sized balls then cover loosely with cling film and allow to rest for a further 15 minutes.

4 Roll each ball out into an oval, about 10cm long, and sprinkle with poppy seeds. Using a sharp knife, cut the dough into 0,5cm-thin strips. Starting at one end, roll the dough up diagonally into a sausage then twist it around to form a coil. Place on a floured baking tray and cover with cling film. Preheat the oven to 50°C.

5 Place a tray of hot water in the bottom of your oven to create steam. Remove the cling film from the dough balls, brush with the beaten egg and place the rolls on a rack in the warm oven until double in size and puffy to the touch, about 45 minutes. Remove from oven (and remove the water from the oven) and increase the heat to 220°C. Pour 125ml (½ cup) water onto a baking sheet and place at the bottom of the oven to create steam. Bake the rolls until golden and the rolls make a hollow sound when tapped, 25 – 30 minutes.

6 Spread the rolls with cream cheese and horseradish then season well to taste. Top with thinly sliced gravlax, cucumber ribbons and dill to serve.

## SIMPLY SCANDI

*Simple, clean lines with glass and wood in the most subtle of colour combinations and a hint of quirkiness: this is Scandinavian.*

Village tea cup and saucer, R45, rose-gold teaspoon (set of 4), R189, Scandi teapot, R169, honey pot, R69, village glass milk jug, R89, all @home; wooden bird (set of 3), R150, place mat (set of 4), R400, both Love Milo. Pink round plate, R139, grey platter, R129, pink platter, R99, small pink bowl, R55, pink knife, R55, white spoon, R55, all Country Road; Menu kettle teapot, R999, Yuppiechef; tray, R399, Woolworths.



Visit [foodandhome.co.za](http://foodandhome.co.za) for a step-by-step guide.

**PAIR WITH...** TWG Genmaicha  
*A traditional Japanese speciality of exquisite green tea blended with roasted and popped rice. Mild and smooth, this tea produces a bright infusion with a unique, toasted flavour that echoes the flavours in the bread rolls and complements the seafood beautifully.*



## BACK TO VINTAGE

Go for the real deal with timeless silver tea sets and understated classic designs. Mix and match for a tea party reminiscent of times gone by.

Cream-and-gold tea set (6 cups and saucers, 6 cake plates, teapot, sugar bowl and creamer), R950, cake stand, R290, teaspoon and cake fork (boxed set), R480, all Ebony & Ivory; silver tea set (4 pieces including coffee pot), R3 150, napkins, R90 each, tablecloth, R969, all LIM; blue-and-white cups and saucers, stylist's own.





# Caramelised white-chocolate éclairs with almond-milk pastry cream and salted almond crunch

Makes 20 **A LITTLE EFFORT** 2 hrs

## THE FLAVOUR COMBINATIONS

### CHOUX PASTRY

**175ml** water  
**75g** butter, diced  
pinch salt  
**100g** cake flour  
**2 large eggs**, beaten

### PASTRY CREAM

**3 egg yolks**  
**75g** castor sugar  
**5ml (1 tsp)** vanilla/almond extract  
**30ml (2 tbsp)** cornflour  
**500ml (2 cups)** almond milk

### CHOCOLATE TOPPING

**200g** good-quality white chocolate, chopped  
**15ml (1 tbsp)** vegetable oil + extra, if needed  
pinch salt

### ALMOND CRUNCH

**225g** castor sugar  
**50g** flaked almonds, toasted  
sea salt flakes, to sprinkle

## HOW TO DO IT

**1** For the choux pastry, place the water, butter and salt in a saucepan over low-medium heat and warm gently until melted. Bring the mixture to a boil. As soon as the water boils, add the flour all at once and beat with a wooden spoon until the mixture comes away from the sides of the pan and the choux pastry is smooth. Place the mixture in a free-standing mixer fitted with a paddle attachment (or you can do this by hand) and beat until smooth. Allow to cool slightly then beat in the eggs, gradually, until the mixture is thick and smooth. Cover and refrigerate, 1 hour. Preheat oven to 200°C.

**2** Place the pastry in a piping bag with a plain 2cm nozzle and pipe 10cm-long éclairs onto a lined baking tray, making sure to leave enough space between them to allow for rising and expansion. Bake in the oven until the pastries are golden and puffed, 40 – 45 minutes.

Remove from oven and allow to cool completely.

**3** For the pastry cream, whisk the egg yolks, sugar, vanilla or almond extract and cornflour together with a little of the almond milk to form a paste. Heat the remaining milk in a saucepan to just below boiling point, then pour over the paste while whisking to combine. Return the mixture to the saucepan and whisk over medium heat until thick. Remove from heat and allow to cool completely before placing in a piping bag with a small, plain nozzle.

**4** For the chocolate topping, preheat the oven to 120°C. Place the chocolate on a baking tray, drizzle with the oil and place in the oven, 10 minutes. Remove and stir with a clean, dry spatula. Return to oven and continue to cook for 30 minutes – 1 hour, stirring every 10 minutes. Don't worry if the chocolate looks lumpy and chalky at some stage – it should smooth out and caramelise. Once the chocolate is

golden brown, stir in a pinch of salt. If it's still lumpy, place in a food processor to smooth it out, adding a few drops of oil, if necessary.

**5** Dip the éclairs in the chocolate and allow to set completely. Make 3 small holes in the bottom of each éclair, using a small knife, and pipe the pastry cream into each.

**6** For the almond crunch, place the sugar in a saucepan with 30ml (2 tbsp) water and warm over low heat until the sugar has dissolved. Bring to a boil and simmer until caramelised and golden brown, about 5 minutes. Take care to brush the insides of the pot with a pastry brush dipped into water, to prevent crystals from forming. Pour the sugar syrup over the toasted almonds on a sheet of baking paper. Sprinkle with salt and allow to cool completely before breaking into shards. Use to decorate the tops of the éclairs and sprinkle with a little extra sea salt to serve.

## PAIR WITH... TWG French Earl Grey

*A fragrant variation of the great classic, this black tea has been delicately infused with citrus fruits and French blue cornflowers to perfectly offset the richness of the French éclairs.*



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MAY 2015: MOTHER'S DAY MERRYSMAKING



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## ALTITUDE BAKING

All baking recipes in this magazine have been tested at high altitude. Follow this guide for baking at sea level:

- Lower the oven temperature by 10°C
- For every 5ml (1 tsp) baking powder, increase by 1 – 2ml
- For every 220g (1 cup) granulated sugar, increase by 15 – 30ml
- For every 250ml (1 cup) liquid, decrease by 30 – 45ml
- For every 120g (1 cup) flour, decrease by 15ml (1 tbsp)

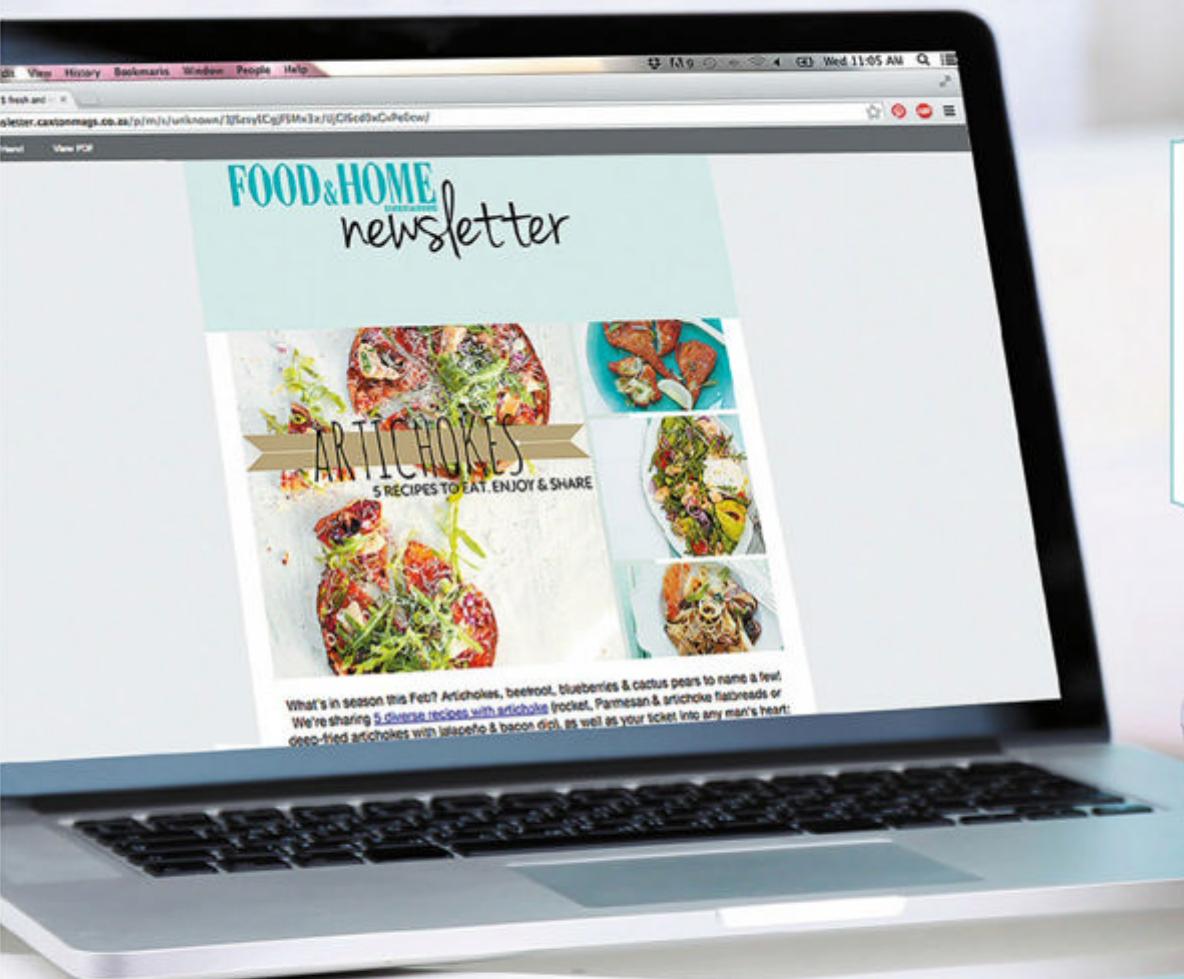
## TRIVIA ANSWERS FROM PAGE 124

- 1 Pomelo or pamplemousse 2 A semi-soft pasteurised cow's milk cheese 3 Walnuts 4 Ginger 5 Shark 6 Angels on horseback 7 Twenty 8 Lavender 9 A Linzer Torte 10 Bacchus 11 Forty per cent of the world's almonds and 20 per cent of the world's peanuts 12 Raki 13 Seaweed 14 Optic 15 Syllabub

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# Trivia

HOW WELL DO YOU KNOW YOUR FOOD?

Compiled by KERRY MACFIE

- 1 What is the common name for the fruit *Citrus grandis*?
- 2 Which type of dairy product, made in Pays de la Loire in France, is Port Salut?
- 3 'Plashing' is a term used to describe the collecting or gathering of which type of nut?
- 4 What food, according to the *The Journal of Pain*, helps to reduce exercise-induced muscle pain by up to 25 per cent?
- 5 In Italy, if you were served pesce martello, what would you be about to eat?
- 6 What name is given to a savoury dish of oysters wrapped in bacon slices and served on toast?
- 7 How many standard-sized wine bottles make up a Nebuchadnezzar?
- 8 Which flower, herb and perfume ingredient can be found in abundance in Provence, France?
- 9 Named after the Austrian town of Linz, which tart has a ground-nut pastry base spread with jam and topped with criss-cross pastry strips?
- 10 Who is the Roman god of wine?
- 11 Chocolate manufacturers use a lot of nuts in their production process. What percentage of the world's almonds and peanuts do they use?
- 12 What name is given to the aniseed-flavoured spirit popular in Turkey?
- 13 Used for making laverbread, a traditional Welsh dish, what is laver?
- 14 What name is given to a valved top on an inverted bottle of spirits that releases an exact shot measure when pressed?
- 15 Which English sweet dish is made by curdling cream with wine, adding flavouring and frothing it up?

FOR ANSWERS, TURN TO PAGE 122.

Clue to question 4

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"I gained weight after having two babies within two years. I lost 4kg in one month, and felt particularly good too." Mrs de Vries

"I have already lost 20kg in 2 months. It has also helped in controlling my appetite. I now eat less naturally." Mrs Pat Motlagodi

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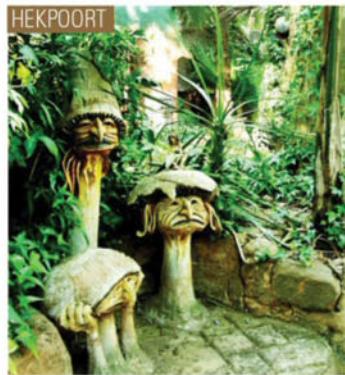
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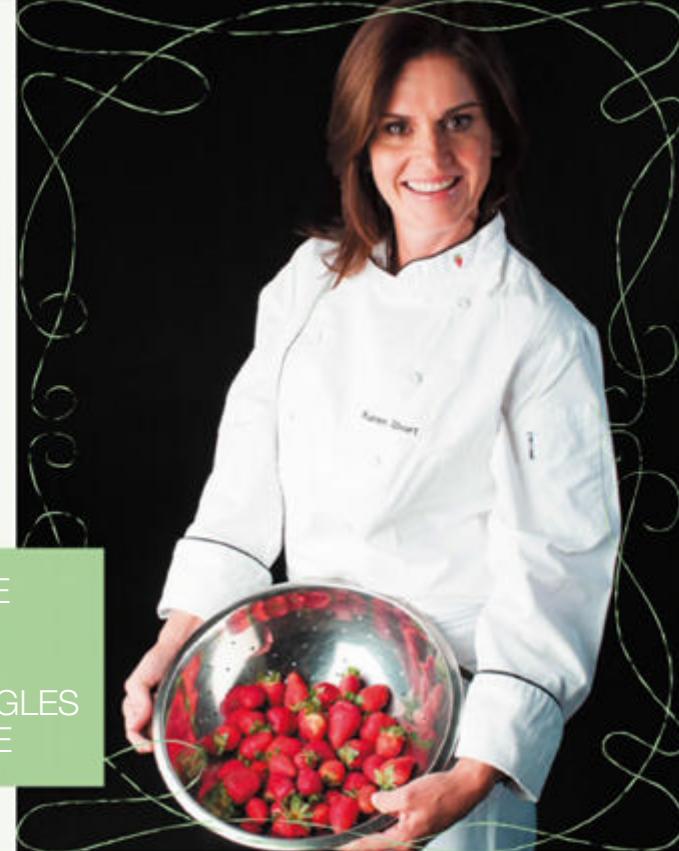
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# Mom's the word

FULL-TIME MOM, WIFE AND OWNER OF THE POPULAR BY WORD OF MOUTH CATERING AND EVENTS COMPANY, **KAREN SHORT** SHARES HER SECRETS ON HOW SHE JUGGLES THE MANY ROLES OF HER DAY-TO-DAY LIFE



**When I had all of my four sons at home, I was happier.** I can't bear having two here and two away at school in Natal. I feel like someone has sliced me in half. My two youngest still currently attend The Ridge and, as we live directly next to it, I am privileged to have a door into The Ridge. I have been so lucky with that. When we bought our house, never in our wildest dreams did we think we'd have four boys while living next to a boys' school!

**The boys often venture into the kitchen** and they all cook beautifully. They're not fussy and they don't need constant attention. Every now and then, when I'm working and they want to see me, they come to the office or Inanda [Sports Club] to visit me; but, they've been brought up around my work, so they understand it. And they are so content to be at home – to play tennis, jump on the trampoline, swim. Because we live directly next to the school, there is always company here and I am constantly coming home with other kids.

**I try to divide my weekends between work and home,** because the nature of the work at By Word of Mouth is mostly private functions on Thursdays and Fridays and into the weekends. So, on a working weekend, I'll plan to be in Joburg and spend time with two of my boys here in the morning. When it's not a working weekend, I am able to go to Natal and see the other two.

**My secret to getting everything done** is that I have wonderful help and phenomenal cooks at home too. I've also got the help of great teachers, who come in the afternoon and see that the homework is done, so I don't have to worry about that. When I come home, homework is finished and I get the fun time. The other night, we cycled to Zoo Lake, fed the ducks and got ice cream! **The people we've employed have been with us for so long**, I already have retirements happening all around me; but these staff have literally become a part of the family. And that's one of the things I realise I have to prioritise – where would I be best utilised? As much as I want to be with my husband and children all the time, at the moment, with all the help around me, I'm best utilised at the business. But my husband and I have found the balance – if I'm working on the weekend, he'll be at the boys' sports games, and vice versa if he is not able to be somewhere.

**Really, it is all about planning.** I plan the meals, the shopping, the week ahead of us. But, you wouldn't believe the time it saves us to live next to the school! No lift clubs, traffic, or up and down for sports practice. It allows us the opportunity to do other things and use our time together differently – the other night we were still in the pool at 7pm! **My parents also play a massively active role in all of our lives.** They live

in Natal so they are able to spend time with the boys there – watch their sports games or take them home for a Saturday-night supper. And, when we go away on business trips, my parents fly up here to spend time with the boys in Joburg.

**I literally sit down with my kids every single morning** for breakfast and watch them walk through the gate and, then, every night, we sit down to dinner together... and strictly so. We all sit down and no one starts until we're all at the table. It is our time. And it's these little things I don't have to miss out on, even with owning By Word of Mouth. It's so easy, in Joburg's fast-paced life, to lose touch with actually doing all those enjoyable things – for the mom to go and jump in the pool, the dad to play late-night action cricket, or for the whole family to have supper in the treehouse. That's how we want to spend our time together.

**We have a little trick where**, if we are not able to celebrate a special day together, then we just ignore it entirely. We always celebrate Mother's Day and Father's Day and birthdays, but only if we are able to all do it together. So we just move them! Everyone laughs at us but we just move them completely. Birthdays are no fun if you aren't able to open presents at the end of the bed. It's not a school day, it's not rushed, that person gets undivided attention and we'll do something beautiful for them all day. [bywordofmouth.co.za](http://bywordofmouth.co.za); 011-553-7600

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